Call in orders!
(505) 753-6755

BLUE ZONE
by Body Basics Healing Center

Open
Monday - Friday 9AM - 3PM

SALADS

Our protein-packed salads are made fresh daily with organic ingredients. Served with a side of our creamy Lemon Tahini house dressing. Other Dressings Available: *Caesar, Italian, Balsamic Vinaigrette, and *Ranch. *non-vegan

The Loaded Bowl (32 oz.) $12
Spring mix greens with a variety of veggies, avocado, pumpkin seeds, cranberries and our homemade tofu bites. Small (24 oz.) $10

Nature's Waldorf (32 oz.) $12
Spring mix topped with with a variety of organic veggies, tofu, avocado, walnuts, organic apple & cranberries.

The Southwest Bowl (32 oz.) $12
Spring mix greens with zucchini, red onion, carrots, avocado, quinoa, black beans, tomatoes, jalapeño, red chili flakes, and sunflower seeds. Small (24 oz.) $10

Cilantro Lime Protein Bowl (24 oz.) $12
Spicy tofu tossed with quinoa and carrots. Topped with red onion, jalapeño, red chile flakes, guacamole, fresh cilantro, lime and pistachio nuts. Warning: Chances of becoming addicted to this bowl is highly likely!

Quinoa Slaw $10
Cabbage, carrots, broccoli, red onion, tomato and diced apple served over a bed of quinoa. Topped with guacamole, walnuts and cranberries. **Add tofu: $2.00**

Garden Salad $8.5
Spring mix topped with a rainbow of veggies, avocado, pumpkin seeds & cranberries.

Food Allergy Notice:
BLUE ZONE uses some ingredients which are known to cause an allergic reaction in some people. Please notify us upon ordering if you have any food allergies. We want you to leave with a smile, not an Epipen story! Tell us what to leave out!

PROTEIN SMOOTHIES

Blended with organic plant-based "Love & Peas" protein. A meal in itself!

Mixed Berry with flax	**$8**
Pineapple with chia	**$8**
Spicy Mango Banana	**$8**
Banana Almond w/Cacao: add 50¢	**$7**
Pineapple Banana	**$7**
Strawberry Banana	**$7**

THE BEST LOADED TOAST EVER

At least that what our customers say!

Classic Avocado $12 full / $6.5 half
Ezekiel Sprouted Grain bread topped with fresh guacamole, cherry tomatoes, red onion, jalapeño, chili flakes & hemp seeds.

Seeded Hummus $12 full / $6.5 half
Ezekiel Sprouted Grain bread topped with a generous amount of organic hummus, red onion, sunflower, pumpkin and hemp seeds & chili flakes.

Sweet Cinnamon $11.5 full / $6 half
Ezekiel Cinnamon Raisin bread topped with almond butter, banana, berries & chia seeds.

BLACK BEAN BURGER $12.95

A new favorite! Our housemade organic black bean burger served on Ezekiel toast and topped with greens, tomato, red onion, avocado, spicy dijon & jalapeños. Served with a side of tahini dressing. Condiments available upon request.

SOUP $ 8.5 (16 oz.) / $6.5 (8 oz.)

Our delicious soups are made with fresh with organic ingredients. Our daily soups include:

- Spicy Tofu Veggie with fresh lime
- Mushroom Ginger Miso with noodles
- Tomato Bisque (cashew-based)

LATTES

Organic superfoods blended in frothy almond milk and lightly sweetened with raw agave.
Served hot or iced. $7 (16 oz.)

- **Real Coffee Latte**
- **Matcha Minded**
- **Turmeric it Up**
- **Cacao Wow!**
- **Moringa Bliss**
- **New Mexico Green Chili *Xocolatl**

  *An intense and super flavorful latte blended with organic cacao, New Mexico green chili, cinnamon & vanilla.

DRINKS 24 oz.

Nature's Harvest **$9.0**

A nourishing blend of organic power greens, apple and lemon with our Nature's Harvest vegetable protein.

Power Beets **$6.5**

This nutrient-dense patented formula includes B vitamins and Vitamin C to support energy production, stamina, focus and blood vessel health. Infused with organic lemon juice and organic frozen raspberries.

Power Green **$6.5**

Two full servings of vegetables, 200+ plant-based nutrients, prebiotic fiber, enzymes, adaptogens, nootropics and immune-boosting herbs. And... it tastes delicious!

Brain Edge **$6.5**

Formulated with traditional Yerba Mate, Rhodiola and Ginkgo, plus amino acids and other brain-boosting ingredients for an energizing mango-lime flavored super-blend.

Get Fresh **$6.0**

Our minty green Chlorophyll drink strengthens the digestive system and supports cellular health. A great mint taste infused with Ionic Minerals, lemon and sea salt.

Energize & Go **$5.5**

Featuring guarana, green tea and B vitamins. Lemon, mandarin orange & pineapple flavor.

Be Well **$6.0**

A delicious and refreshing blend of immune boosting ingredients including Vitamin C & D, Zinc, elderberry & echinacea.

Revive & Thrive **$5.5**

500 mg of glucosamine to help support joint and cartilage health and electrolytes & amino acids to facilitate muscle repair & increase endurance.

Marine Glo **$6.5**

Age-Defying Collagen in an amazing tropical fusion drink! Its bright orange color comes naturally from lutein in marigold flowers, and along with collagen, this clinically-proven blend helps promote skin elasticity and maintain skin tone. ***non-vegan***

SolleExcell® *(New)* **$6.5**

A core herbal blend that contains a unique formula of clarifying herbs, the super fruit cupuaçu and three types of maca to help the body balance hormones and keep sinus, respiratory and circulatory systems clear. An earthy tropical fruit flavor. ***non-vegan***

Chlorophyll H2O **$5.0**

Enjoy the many benefits of Chlorophyll in its purest and organic form in a refreshing drink. Walk away feeling oxygenated and energized!

Spearmint, Crisp Apple, Sweet Melon or Lime Twist

BREAKFAST / DESSERT

No-Guilt Parfait **$6.0**

Treat yourself to one of these favorites! Made with plant-based collagen or organic cacao.

- ***Plant-based Collagen*** *Topped with banana, pistachios and hemp seeds.*
- ***Cacao*** *Topped with fresh raspberries, slivered almonds and dark chocolate.*

Cinnamon Swirl Oats **$8.5**

Just the right blend of organic oats, flax seeds, cinnamon and our Love & Peas protein. Topped with banana, berries, walnuts & cacao nibs.

Blind Dates **$3 or 2/$5.5**

A decadent organic date filled with almond butter, fresh raspberry, cacao & sea salt.

Love & Peas Protein Bars **$3.5 or 2/$6.5**

Made fresh in-house, our oat-based "seeded almond" protein bars are delicious and satisfying.

Did you know?

Organic foods have more beneficial nutrients, such as antioxidants, and contain fewer pesticides and herbicides than their conventionally-grown counterparts. Ninety percent of the food served at BLUE ZONE is certified organic. We take pride in being one of the few hot spots where you can enjoy fresh, organic plant-based foods!

Why Blue Zone?

The term “Blue Zones” refers to geographic areas in which people have low rates of chronic disease and live longer than anywhere else in the world. The five Blue Zones are located in:

1. Icaria (Greece)
2. Ogliastra, Sardinia (Italy)
3. Okinawa (Japan)
4. Nicoya Peninsula (Costa Rica)
5. Loma Linda, California (USA) -among the Seventh-day Adventist population

A number of studies have found that these areas contain extremely high rates of people who live much longer than average. Interestingly, genetics only account for 20-30% of longevity. Therefore, environmental influences, including diet and lifestyle, play a huge role in determining lifespan.

One thing common to Blue Zones is that those who live there primarily eat a 95% plant-based diet. A number of studies, including one in over half a million people, have shown that avoiding meat and dairy can significantly reduce the risk of death from heart disease, cancer and a number of other chronic diseases. Instead, diets in the Blue Zones are typically rich in fruits & vegetables, legumes, whole grains and nuts & seeds.

Our goal at Body Basics Healing Center is that, together, we can create a Blue Zone right here in Española, New Mexico (USA)!

Please note: Our menu changes from time to time. Visit our website, or scan the QR code to view the most updated menu.