

At Thrive, we believe fresh, vibrant food should nourish both people and the planet. Sourced from our hydroponic farm, Bali Grown, our wraps, salads, bowls, and cold-pressed juices celebrate organic, locally grown ingredients in their purest form. Every dish is crafted for health, convenience, and sustainability, reducing food miles while maximizing flavor and freshness. More than just a meal, Thrive is a way of living—fueling your body, uplifting your spirit, and embracing a farm-to-plate ethos for a healthier, more sustainable future.

# MENU

MONDAY-SATURDAY / 10<sup>AM</sup>-08<sup>PM</sup> | SUNDAY / 10<sup>AM</sup>-02<sup>PM</sup>

## 1 CHOOSE YOUR BASE

PICK ONE



### SALAD

Fresh organic greens



### BOWL

Quinoa and organic red rice blend



### WRAP

Whole wheat extra large tortilla

## 2 CHOOSE YOUR STYLE

DEFINES SEASONINGS, DRESSINGS, & CORE INGREDIENTS

PICK ONE

### CAESAR

95K

100g choice of protein, crisp little gem lettuce, sweet cherry tomatoes, red onion, avocado, creamy vegan Caesar dressing, grated vegan parmesan, cracked black pepper, and fresh cilantro, with a squeeze of lemon.

### MEDITERRANEAN

95K

100g choice of protein, little gem lettuce, crisp cucumber, shredded carrots, purple cabbage, red onion, pickled sweet bell peppers & jalapeños, bean sprouts, Thai basil, cilantro, and mint, finished with a hoisin-chile-lime drizzle, crushed peanuts, and toasted sesame seeds.

### LOTUS

95K

100g choice of protein, little gem lettuce, crisp cucumber, shredded carrots, purple cabbage, red onion, pickled sweet bell peppers & jalapeños, bean sprouts, Thai basil, cilantro, and mint, finished with a hoisin-chile-lime drizzle, crushed peanuts, and toasted sesame seeds.

### RAINBOW

95K

100g choice of protein, house-made roasted beetroot hummus, power greens mix, shredded carrots, purple cabbage, red onion, pickled sweet bell peppers, cucumber, avocado, toasted pumpkin seeds, Italian parsley, fresh cilantro, and micro snow pea shoots, finished with our signature citrus-miso tahini drizzle.

### CALIFORNIA

95K

100g choice of protein, shredded little gem lettuce, french fries, avocado, jalapeno, pico di gallo, vegan mozzarella, cilantro, radish microgreens, with a chipotle aioli drizzle.

### VITALITY

95K

200g choice of protein, roasted beetroot hummus, fresh baby spinach, tangy capers, creamy avocado, house-made dill pickles, and our garlic-sun dried tomato-infused extra virgin olive oil drizzle.

## 3 CHOOSE YOUR PROTEIN

COMES WITH 100G OF PROTEIN, EXCEPT VITALITY 200G OF PROTEIN

PICK ONE

TOFU

ORGANIC GRILLED CHICKEN BREAST

TEMPE

GRASS-FED STEAK +20K

## ADD EXTRAS

BOOST YOUR MEAL

EXTRA 100G CHICKEN, TOFU, OR TEMPE +15K

AVOCADO +15K

EXTRA 100G STEAK / 2 STRIPS OF CRISPY HERITAGE BACON +20K

## SMALL PLATES

PERFECT FOR A LIGHT SNACK OR SHARING!

### CHIPS & FRESH GARDEN SALSA

45K

House-made tortilla chips with our freshly made garden salsa.

### CHIPS & GUACAMOLE – SAN DIEGO STYLE

60K

Crunchy house-made tortilla chips, served with creamy guacamole, fresh lime, and a hint of chili.

### HUMMUS WITH TORTILLA

50K

House-made creamy classic hummus served with warm flour tortilla pieces.

## DRINKS

### COLD-PRESS JUICES (330ml)

COLD-PRESSED DAILY FOR MAXIMUM FRESHNESS.

#### GREEN DAY

65K

REFRESHING & DETOXIFYING

Celery, cucumber, kale, parsley, lemon – a light, alkalizing blend for hydration and digestion.

#### RED TIDE

65K

PERFECT PRE-WORKOUT JUICE

Beetroot, carrot, cucumber, lime – packed with nitrates for endurance and blood circulation.

#### ENERGIZER 10

65K

A NUTRIENT POWERHOUSE, PERFECT POST-WORKOUT

Tomato, celery, cucumber, carrot, red bell pepper, beetroot, arugula, parsley, lemon, lime – an umami-rich, anti-inflammatory boost for energy and recovery.

### KOMBUCHA (330ml)

RAW, PROBIOTIC-RICH, AND REFRESHING

45K

GINGER LIME

/

LEMONGRASS

/

PASSION FRUIT



SCAN TO SEE NUTRITIONAL INFO