



breathe's
Take-Out Menu
(585) 248-9070

menu items vary by location and are based on availability

Pittsford Ext. 1

19 South Main St
Pittsford, NY 14534

Monday - Saturday
7am - 5pm
Closed Sundays

Personal shopping or
advance orders email:
abby@breatheyoga.com

Webster Ext. 2

980 Ridge Road
Webster, NY 14580

Monday - Friday
8am - 4pm

Saturday 8am - 2pm
Closed Sundays

Personal shopping or
advance orders email:
scott@breatheyoga.com

College Town Ext. 4

34 Celebration Drive
Rochester, NY 14620

Monday - Friday
7am - 3pm

Saturday 8am - 2pm
Closed Sundays

Personal shopping or
advance orders email:
kathy@breatheyoga.com

Greece Ext. 5

1110 Long Pond Road
Greece, NY 14626

Monday - Friday
9am - 3pm

Saturday 9am-1pm
Closed Sundays

Personal shopping or
advance orders email:
lori@breatheyoga.com

Victor Ext. 6

400 Commerce Drive, #100
Victor, NY 14564

Monday - Friday
8am - 4pm

Saturday 8am - 2pm
Closed Sundays

Personal shopping or
advance orders email:
kathy@breatheyoga.com

Juice/Smoothies

Available in Pittsford, Webster, Greece, College Town and Victor

Classic Smoothies \$9.00

Protein Punch; Breathe Classic; Caribbean Cooler; Chai Smoothie

Specialty Smoothies \$10.95

Acai; Cacao Berry; Whole Shebang; Keep it Kale; Grasshopper; Hippie Shake

**Boosters available upon request*

Classic Juices \$9.00

Ginger Snap; Lemon Up; Beetnik; Simply Carrot; Immune Booster; Lean 'n' Green; All American

Just Celery \$12.00



Cold-Pressed Juice

Available in Pittsford, Webster, and College Town

Alkalizer: 8oz \$6.50 / 16oz \$11.00

Raw apple, cider vinegar, ginger, lemon, distilled water. Alkalizing, hydrating, metabolizing

Metabolic Fire: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Lemon, maple syrup, cayenne, distilled water. Detox support, metabolic booster, promotes heart health

Greens with a Twist: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Cucumber, kale, celery, parsley, romaine, lemon, apple. Detoxifying, immune boosting, energizing

Lean and Green: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Apple, celery, kale, parsley, lemon. Anti-inflammatory, iron booster

Spice of Life: 8oz \$6.50 / 16oz \$11.00

Carrot, beet, apple, lemon, ginger. Immune boosting, anti-inflammatory, blood building

Forever Young: 8oz \$6.50 / 16oz \$11.00

Pineapple, apple, turmeric root, distilled water. Oxygenating, anti-inflammatory, bone and brain building

Blue Green Boost: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Apple, lemon, spirulina, chlorophyll, distilled water. Anti-inflammatory, detoxifying, blood building

Daily Detox: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Cucumber, celery, apple, lemon, cilantro, ginger. Heavy metal detoxifying, anti-inflammatory, regulating

Honorable Grasshopper: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Apple, pineapple, wheat grass juice. Alkalizing, oxygenating, detoxifying

Chill Out: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Chamomile, lavender, apple, tart cherry, distilled water. Insomnia aid, joint support, anti-inflammatory

Lemon Up: 8oz \$6.50 / 16oz \$11.00 / 32oz \$19.00

Carrot, apple, lemon. Antioxidant, vision support, skin re-vitalizer

Zest: 16oz \$11.00

Orange, cranberry, apple. overall joie de vivre

Just Celery 16oz \$14.50

Just Celery

Snacks

Available in Pittsford, Webster, Greece, College Town and Victor

Birdseed Bar (GF) \$5.00

Toasted pumpkin, sesame & sunflower seeds, flaxseed & chia seeds; crispy brown rice cereal, rolled oats, peanut butter & honey

Buddha Bar (V, GF) \$5.00

Dried cherries, apricots & dates; toasted almonds & coconut, with rolled oats & amber maple syrup

Energy Bar (GF) \$5.00

Crispy brown rice cereal, oats, dried apricots, cranberries & goji berries; with honey & peanut butter

Funky Monkey Bar (V, GF) \$5.00

Chocolate "cookie" crust with a peanut butter & banana filling; topped with toasted peanuts & semi-sweet chocolate chips

Vitality Bar (V, GF) \$5.00

Vanilla protein powder, rolled oats, coconut, dried blueberries & cranberries, lemon zest; flaxseed, pumpkin & sesame seeds

Breakfast

Available in Pittsford, Webster, Victor and College Town

Acai Bowl \$9.00

Acai, almond milk, banana, house-made granola

Yogurt Parfait (GF) \$7.00

Local creamline yogurt, layered with from scratch compotes/curds, topped with housemade granola

Chicken Sausage & Egg Farm Bowl (GF) \$9.50

Local chicken sausage & a hard-boiled egg, with wilted greens & roasted red potatoes

Chorizo Tempeh & Southwest Tofu Scramble Farm Bowl (V, GF) \$9.50

Chorizo-seasoned tempeh, veggie scrambled tofu, with wilted greens & roasted red potatoes

Quinoa Breakfast Bar (GF) \$5.00

Quinoa flour based bar; with rolled oats, golden raisins, walnuts & spices

Power Bar (V, GF) \$5.00

Askinosie dark chocolate, rolled oats, peanut butter, toasted coconut, golden flaxseed & chia seeds

Crispy Brown Rice Snacks (GF) \$5.00

Crispy brown rice cereal, peanut butter, walnuts, honey & semi-sweet chocolate chips

Power Bites (V, GF) \$5.00

Ground oats & roasted peanuts; with Askinosie dark chocolate, golden flaxseed & chia seeds

Cherry Blossom Bites (V, GF) \$5.00

Cashew, almond & oat based, with dried cherries, cranberries & goji berries; sweetened with raw agave

Orange Poppy Seed Bites (V, GF) \$5.00

Sweetened with orange juice & coconut nectar; with almonds, orange zest and poppy seeds

Herbed Spiced Nuts (V, GF) \$5.00

Cashews, almonds, peanuts & walnuts; toasted with pure coconut oil, herbs & spices



Almond & Berry Breakfast Bar (GF) \$5.00

Light & cakey; honey & coconut sugar sweetened bar; with raspberries, strawberries & toasted almonds

Granola-by-the-Pound (GF) \$13.50

Honey-toasted rolled oats, cashews, almonds, sunflower seeds, banana chips & coconut flakes

Housemade Granola & Milk (GF) \$5.25

A cup of our granola with your choice of milk

Soups, Salads & Wraps

Available in Pittsford, Webster, Victor and College Town

Soup of the Day - seasonal selection of scratch soups, made daily

small 12oz.....\$7.25

medium 16oz\$9.25

Large 32oz.....\$17.00

Cleanse Soup (V,GF) \$9.00

Housemade vegetable stock, hearty veggies, ginger & lemon (made with no oil)

Cleanse Salad (V,GF) \$9.00

Green leaf salad with bell pepper, tomato, red cabbage, shredded beet & carrot

Balsamic Vinaigrette (V,GF) \$1.00

Balsamic, amber maple, stone ground mustard, olive oil & seasonings



Signature Chicken Salad (GF)

hand-carved chicken, vegenaïse, sweet cranberries, toasted pumpkin seeds, apple, celery & red onion

small 6oz.....\$8.50

medium 14oz...\$18.00

large 32oz.....\$38.00

Lemon-Tarragon Tuna Salad (GF)

albacore tuna, vegenaïse, tarragon, lemon juice & zest, dill pickles, capers, celery & red onion

small 6oz.....\$8.50

medium 14oz...\$18.00

large 32oz.....\$38.00

Signature Chicken Salad Wrap \$9.75

Signature Chicken Salad in a whole wheat wrap, with leafy greens & tomatoes

Lemon-Tarragon Tuna Salad Wrap \$9.75

Lemon-Tarragon Tuna Salad in a whole wheat wrap, with leafy greens & tomatoes

Spring Rolls (V, GF) \$9.75

Spinach, carrot, beet, bell pepper & red cabbage in a chipotle-mango wrap; served with peanut sauce

Roasted Red Pepper Hummus Wrap (V) \$9.75

Roasted Red Pepper Hummus in a whole wheat wrap with roasted veggies & spinach

Desserts

Available in Pittsford, Webster, Victor and College Town

Peanut Butter Cookies (V, GF) \$5.00

A classic, chewy peanut butter cookie

Chocolate Chip Cookie (V, GF) \$5.00

Crispy cookie made with a gluten-free flour blend, semi-sweet mini chocolate chips & palm shortening

Matcha Sugar Cookie (GF) \$5.00

A light sugar cookie with matcha green tea, sweet cream butter

Lavender Shortbread (GF) \$5.00

Shortbread cookies with lemon zest and lavender blossoms



Brew Bar

Available in Pittsford, Webster, Greece, Victor and College Town

Loose-Leaf Teas \$3.50

Organic Serendipi-Tea leaves: Chinese Green, Indian Black, Chai (black tea, cinnamon, cloves, ginger, cardamom, pepper), Chamomile-Lavender, Buccaneer (rooibos, cacao, coconut, vanilla), Vitali-tea (black tea, orange, safflower, tropical fruits), Clari-tea (green tea, cornflower, papaya, pineapple)

Witch Doctor Tea \$4.75

chamomile tea, lavender, mint, honey, lemon, cayenne

Drip Coffee organic Java's beans

breathe Blend & Seasonal Roasts

Small \$2.25

Medium \$2.50

Large \$3.00

Bullseye Brew \$4.50

breathe coffee, MCT oil, cultured butter

Espresso artisan espresso blend

Single \$2.75

Double \$3.75

Americano \$3.75

Latte \$4.95 (available iced)

espresso, house-made cashew milk

Caramel Latte \$5.25 (available iced)

espresso, house cashew milk, culinary coconut milk, brown sugar, vanilla

Non-Coffee Lattes

Cinnamon Bun \$5.25

mushroom blend, cinnamon, maple syrup, vanilla, maca, house cashew milk*

Magic Mushroom \$5.25

mushroom blend, raw cacao, maple syrup, maca, house cashew milk*

Sweet Beet \$5.25

beetroot, orange juice, cinnamon, house cashew milk*

Matcha Green Tea \$5.25

matcha tea, honey, vanilla, house cashew milk

Chai Tea Latte \$5.25

chai tea, house cashew milk, honey

Golden Milk \$5.25

turmeric, cinnamon, ginger, black peppercorn, honey, house cashew milk*

culinary coconut milk may be substituted for house-made cashew milk at no additional charge

*naturally energizing & caffeine-free

Smoothies

Protein Double Punch \$10.95

espresso, peanut butter, banana, almond milk, dates

Dirty Chai \$10.95

espresso, chai tea, banana, almond milk, honey

Gojiccino Frappe \$10.95

goji berries, banana, almond milk, honey, spices

