

SIMPLE SMOOTHIES

Strawberry Shake // regular: 8.49 | large: 10.49
cold-pressed apple juice, strawberries + bananas

Cocoa Butter // regular: 8.99 | large: 10.99
almond milk, bananas, cacao powder, peanut butter

Summer Sun // regular: 8.99 | large: 10.99
cold-pressed pineapple juice, peaches, mangos, lemon + mint

HIGH PROTEIN SMOOTHIES

Banana Butter // regular: 9.49 | large: 11.49
almond milk, bananas, almond butter, peanut butter, cinnamon, hemp + flax seeds, dates

Superseed // regular: 10.25 | large: 12.25
cold-pressed apple juice, strawberries, dark cherries, beets, peanut butter, flax, chia, pumpkin + hemp seeds, pea protein

No Bread // regular: 9.49 | large: 11.49
cold-pressed apple juice, strawberries, blueberries, bananas, 2x pea protein, peanut butter, flax seeds

Dark Magic // regular: 9.49 | large: 11.49
almond milk, bananas, dark cherries, cacao powder, almond butter, vanilla, pea protein

Shredder // regular: 10.25 | large: 12.25
oat milk, dark cherries, avocado, blackberries, beets, bananas, 2x cacao nibs, 2x pea protein, peanut butter

GREEN SMOOTHIES

Goddess // regular: 9.49 | large: 11.49
coconut water, bananas, almond butter, cacao nibs, chia seeds, vanilla, spinach + kale

Benjamin Button // regular: 9.99 | large: 11.99
cold-pressed pineapple juice, coconut water, mangos, bananas, matcha, spinach, coconut oil, lemon, plant-based collagen boost

The Bu // regular: 10.25 | large: 12.25
almond milk, bananas, cacao nibs, hemp protein, chia seeds, spirulina, dates, maca, cinnamon, cashew butter

Ginger Green // regular: 9.99 | large: 11.99
coconut water, cold-pressed pineapple juice, mangos, peaches, spinach + kale, pea protein, ginger, mint

ENERGIZING SMOOTHIES

Bulletproof // regular: 9.49 | large: 11.49
cold-brew coffee, bananas, cacao nibs, coconut oil, hemp seeds, walnuts, cinnamon, vanilla

Berries + The Bees // regular: 10.25 | large: 12.25
almond milk, blackberries, strawberries, cherries, almond + peanut butters, ginseng, maca, bee pollen, honey

Liquid Lightning // regular: 9.99 | large: 11.99
oat milk, bananas, blue spirulina, dates, cashew butter, maca, guarana

Supernova // regular: 10.25 | large: 12.25
cold-pressed pineapple juice, mangos, peaches, pitaya, plant-based collagen boost, maca, flax, turmeric, lemon + lime

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TOAST

LOCALLY SOURCED BREAD

ALL NATURAL ANCIENT GRAINS.
FRESH FROM FIREFLOUR BAKERY.

Avocado // 8.99
local seeded bread baked golden, topped with mashed avocado, Himalayan salt, black pepper, red pepper flakes, crushed cashews and local sprouts

Fire Flour // 8.99
local sourdough, mashed avo, local honey, local amaranth sprouts, red pepper, black sesame + cayenne

Fig // 8.99
local seeded bread baked golden, layered with coconut oil, almond butter, sliced strawberries, dried figs, hemp seeds and a drizzle of local honey

Banaland // 8.99
local seeded bread baked golden, layered with peanut butter, sliced bananas, cinnamon, cacao nibs, chia seeds + local honey

*Gluten-free bread is available for an additional \$1.50
Please ask for an ingredient list if you have any allergies.

E + R O S E

PITAYA BOWLS

Pre-Game // 11.99

blended: almond milk, pitaya, bananas, strawberries, pea protein, green coffee bean, almond butter
on top: gluten-free granola, strawberries, local honey, cacao nibs, almond butter

BC // 12.49

blended: oat milk, pitaya, bananas, strawberries, cherries, almond butter, pea protein, flax seeds, beet, cinnamon
on top: gluten-free granola, bananas, chia seeds, peanut butter, hemp seeds, local honey, cashews

MORE OF THE GOOD STUFF.

OUR BOWLS ARE FULL OF SUPERFOODS AND NO ARTIFICIAL FLAVORS, DAIRY, GLUTEN, OR SOY.

SPECIALTY SMOOTHIE BOWLS

SoBro // 11.99

blended: almond milk, bananas, cacao nibs, peanut butter
on top: gluten-free granola, strawberries, local honey, chia seeds, cacao nibs, crushed pecans, local bee pollen

Blue Bae // 12.99

blended: oat milk, bananas, blue spirulina, cashew butter, maca
on top: gluten-free granola, strawberries, black currants, coconut flakes, hemp seeds, puffed brown rice, cashew butter, local honey

Nomad // 11.99

blended: almond milk, bananas, cacao powder, cinnamon, vanilla, pea protein, peanut butter
on top: gluten-free granola, strawberries, local honey, puffed rice, peanut butter, cacao nibs, cacao powder

GreenGo // 11.99

blended: oat milk, mangos, bananas, spirulina, moringa, maca
on top: gluten-free granola, avocado, local honey, cacao nibs, coconut flakes

AÇAÍ BOWLS

The Pro / 11.99

blended: almond milk, açai, bananas, blueberries, peanut butter, pea protein
on top: gluten-free granola, bananas, local honey, cinnamon, crushed almonds, peanut butter

Hanalei / 12.49

blended: almond milk, açai, bananas, blackberries, strawberries, almond butter
on top: gluten-free granola, macadamia nuts, puffed brown rice, bananas, hemp seeds, local honey, almond butter

Aloha / 11.99

blended: cold-pressed pineapple juice, açai, bananas, mangos, pineapples, coconut oil
on top: gluten-free granola, strawberries, bananas, local honey, coconut flakes, goji berries

OUR FAVORITE ADD ON'S

Peanut Butter Brain Boosting Fat	\$1
Pea Protein Iron Rich	\$1
Almond Butter Magnesium + Vitamin E	\$1
Spinach Skin, Bone, and Hair Health	\$1
Chia Seeds Mineral Rich	\$1
Cacao Nibs Iron + Potassium	\$1
Spirulina B-vitamins + Vitamin E	\$1
Flax Seeds High Omega-3 content	\$1
Hemp Seeds Omega 3 and 6	\$1
Maca Mood Enhancer	\$2