

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

Bananaland // 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

SMOOTHIE BOWLS

The Pro // 11.99

blended: almond milk, açai, bananas, blueberries, peanut butter, pea protein

on top: gluten-free granola, bananas, local honey, cinnamon, 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

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

MORE OF THE GOOD STUFF

Our bowls are full of superfoods and contain no artificial flavors, dairy, gluten, or soy.

BC // 12.49

blended: oat milk, pitaya, bananas, strawberries, cherries, almond butter, pea protein, flax seeds, beet, cinnamon

on top: gluten-free granola, sliced bananas, chia seeds, peanut butter, hemp seeds, local honey, cashews

SoBro // 11.99

blended: almond milk, bananas, cacao nibs, peanut butter

on top: gluten-free granola, strawberries, local honey, chia seeds, cacao nibs, pecans, local bee pollen

Blue Bae // 12.99

blended: oat milk, bananas, blue spirulina, cashew butter, maca root

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

CLASSIC

COFFEE

Drip	12 oz. - 3.75 / 16 oz. - 3.99
Espresso	3.75
Cortado	4.75
Flatty	5.25
Cappuccino	8 oz. - 5.25
Latte	12 oz. - 5.49 / 16 oz. - 6.49
Americano	12 oz. - 3.75 / 16 oz. - 4.25
Cold Brew	16 oz. - 4.75 / 24 oz. - 5.75

**our coffees are 100% plant-based and contain no dairy.*

SPECIALITY COFFEE

Good Day Shot	2.5 oz. - 6.25
espresso, house cashew milk + CBD	
Super Mario	12 oz. - 6.25
drip, espresso + superfood	
mushroom blend	16 oz. - 7.25
What's Shakin'	12 oz. - 6.99
iced espresso, coconut sugar,	
house cashew milk, cinnamon	16 oz. - 7.99
Caramel or Vanilla Latte	12 oz. - 6.49
espresso, house cashew milk +	
house caramel or vanilla	16 oz. - 7.49
Mushroom Capp	8 oz. - 5.99
vanilla latte + superfood mushroom	
blend	12 oz. - 6.75
	16 oz. - 7.75
Reishi Mocha	12 oz. - 6.49
espresso, house cashew milk +	
house reishi mocha	16 oz. - 7.49

TEA LATTES

Matcha Latte	12 oz. - 5.75
matcha, house cashew milk, vanilla,	
local honey	16 oz. - 6.75
Chai Latte	12 oz. - 5.99
chai spice blend, house cashew	
milk + maple	16 oz. - 6.99

LOOSE LEAF TEA

Green Pomegranate	12 oz. - 3.99
green tea with sweet + tart notes	16 oz. - 4.25
Bright Eyed	12 oz. - 3.99
ginger, turmeric and cinnamon	
caffeine free spice blend	16 oz. - 4.25
English Breakfast	12 oz. - 3.99
smooth and malty black tea	16 oz. - 4.25
Happy	12 oz. - 3.99
berry, fruity + light with floral scents	16 oz. - 4.25

*Looking to add more superfoods to your coffee or tea? Try adding Ashwagandha, CBD, Maca, Moringa, or a Mushroom Blend. Refer to our Superfood list to learn more!