



MENU MAY VARY BY LOCATION

build your own bowl

1 base + 1 granola + 3 fruits + 2 toppings

bases		granola	fruits	toppings	+ boosts	+ protein
açaí organic açaí, banana	greek yogurt creamy, tangy & slightly sweet	* signature blueberry flax	* apple	* agave	* energy boost	* vanilla plant protein
coconut sweet & creamy	oatmeal whole grain & served warm	* cinnamon	* banana	* almond butter	* immune boost	* vanilla whey protein
greens kale, banana, pineapple, almond milk	pitaya pitaya, banana, pineapple, almond milk		* blueberry	* almond slices	* probiotic boost	* chocolate whey protein
			* kiwi	* cacao nibs	* multi vitamin boost	* chocolate plant protein
			* mango	* chia seeds	* collagen boost	
			* pineapple	* cinnamon		
			* strawberry	* coconut flakes		
				* ground flaxseed		
				* hemp seeds		
				* honey		
				* nutella		
				* peanut butter		
				* whipped cream		

power up!
ask about our boosts

signature bowls

Choose any base: açaí • pitaya • greens • coconut greek yogurt • warm oatmeal



frutella

granola, banana, strawberry, nutella, peanut butter, coconut flakes



rainbowl

granola, strawberry, blueberry, mango, apple, honey



hulk

vanilla whey protein powder, granola, mango, blueberry, honey, strawberry, peanut butter



classic

granola, banana, strawberry, blueberry, honey, peanut butter, cacao nibs



frutta

granola, strawberry, pineapple, kiwi, nutella, peanut butter, honey, coconut flakes



bermuda

granola, strawberry, blueberry, pineapple, honey, coconut flakes



beachin'

granola, banana, mango, pineapple, kiwi, honey, coconut flakes



muscle up

chocolate whey protein powder, granola, banana, peanut butter



peanutella

chocolate whey protein powder, granola, strawberry, banana, nutella, peanut butter, cacao nibs

smoothies



chocolate explosion

unsweetened almond milk, banana, chocolate whey protein powder, peanut butter, nutella



tropical

unsweetened coconut milk, mango, pineapple, banana



green machine

unsweetened coconut milk, pineapple, kale, honey, avocado



pink flamingo

unsweetened almond milk, pineapple, mango, pitaya, honey



very berry

strawberry, blueberry, organic açaí, honey



glow up

unsweetened coconut milk, banana, strawberry, organic açaí, peanut butter, nutella



detox

kale, pineapple, apple, chia seeds



whey-up

unsweetened almond milk, banana, strawberry, vanilla whey protein powder, peanut butter



mango strawberry

mango, strawberry, honey

toasts

all toasts served on rustic italian. gluten free bread available.



savory avocado

avocado, feta, red pepper flakes, sea salt, sriracha



everything avo

avocado, roasted red pepper, hard boiled egg, everything bagel seasoning



bravocado

avocado, sun-dried tomato pesto, hard boiled egg, red pepper flakes, sea salt



bee's knees

apple, brie, honey, almond slices



strawbrie

strawberry, brie, balsamic glaze



pb&n

peanut butter, strawberry, banana, nutella, cacao nibs



pick 2

choose from: small signature bowl, small smoothie, toast



protein bites

hand-rolled with cinnamon, granola, honey, peanut butter, with or without coconut flakes, vanilla and chocolate whey or plant protein options available.

refreshers

choose from:

- * mango
- * mango green tea
- * mango lemonade
- * mango with coconut milk
- * strawberry
- * strawberry green tea
- * strawberry lemonade
- * strawberry with coconut milk

