

# BOWLS



## CLASSICS \$8

### RED

**BASE** chocolate mylk, strawberry, banana, peanut butter  
**TOP** granola, banana, peanut butter, honey

### PURPLE

**BASE** mylk, mango, blueberry, banana  
**TOP** granola, banana, coconut, honey

### YELLOW

**BASE** mylk, banana, mango, pineapple  
**TOP** granola, banana, strawberry, coconut, honey

### CHOCOLATE

**BASE** chocolate mylk, banana, cacao, peanut butter  
**TOP** granola, banana, peanut butter, coconut, honey

### GREEN

**BASE** mylk, greens, banana, pineapple, spirulina  
**TOP** granola, banana, blueberry, coconut

## PROTEIN \$10

### TIGER

**BASE** chocolate mylk, strawberry, banana, peanut butter, pea protein  
**TOP** granola, banana, blueberry, peanut butter, coconut, honey

### MAUI

**BASE** mylk, banana, mango, coconut oil, spirulina, pea protein  
**TOP** granola, banana, cashew, coconut, honey

### ALMOND DREAM

**BASE** mylk, banana, almond butter  
**TOP** granola, banana, almond butter, blueberry, honey

### GRASSHOPPER

**BASE** mylk, greens, banana, pineapple, coconut oil, hemp seed, spirulina  
**TOP** granola, banana, blueberry, cashew, bee pollen, honey

### CHOCOLATE LOVER

**BASE** chocolate mylk, banana, cacao, peanut butter  
**TOP** granola, banana, dark chocolate almond butter, raw reese's pieces, coconut, honey

# SMOOTHIES

☆ our favorites

⚡ energy

🌿 low glycemic

💧 healthy fats



## PROTEIN

## FRUITY

## GREEN

## CREAMY

\$5.5

CLASSICS

### THE ORIGINAL

mylk, banana, peanut butter

### BERRY SLAM

mylk, banana, strawberry, blueberry

### POPEYE

mylk, banana, apple, pineapple, greens

### BAJA

chocolate mylk, banana, avocado 

### THE CHAMP

chocolate mylk, banana, pea protein

### ORANGUTANG

orange juice, banana, blueberry

### TROPICAL VERDE

mylk, banana, pineapple, mango, greens

### THE ZIP

coffee, mylk, banana, peanut butter

### CHOCOLATE POWER

mylk, chocolate protein, banana, avocado, strawberry, peanut butter

### MIDNIGHT MANGO

apple juice, beet juice, banana, mango, blueberry, maca

### THE HAWAIIAN

mylk, banana, pineapple, greens, lemon, ginger, hemp protein

### CHOCOLATE MONKEY ☆

chocolate mylk, banana, peanut butter, cacao, pink salt, honey

\$7

SUPER

### VANILLA SWIRL

mylk, banana, strawberry, blueberry, vanilla protein

### THE TWIST

apple juice, mango, strawberry, banana, coconut oil, ACV

### BRAIN BOOSTER ☆

kombucha, banana, greens, coconut oil, peanut butter, honey

### THE DREAM

mylk, banana, blueberry, date, peanut butter

\$8.5

PREMIUM

### AUSTIN POWERS ☆

pineapple juice, banana, mango, brazil nuts, hemp protein, coconut oil, spirulina

### TRANQUILO ☆

mylk, coconut, pineapple, turmeric, mango, orange, banana, honey, cashew butter

### SCHWARZENEGGER

mylk, banana, greens, avocado, almond butter, hemp seed

### YOGANDI

chocolate mylk, sweet potato, banana, oat, peanut butter, cinnamon, coconut, honey

### AEROSMITH

mylk, cauliflower, blueberry, pea protein, cherry, coconut, cinnamon, almond butter

### THE BRAZILIAN

mylk, banana, strawberry, date, cacao nib, maca, almond butter

### LEAN GREEN

H2O, apple, pineapple, banana, celery, greens, ginger, lemon, matcha, spirulina

### THE FORCE

coffee, chocolate mylk, avocado, banana, cacao nib, date, almond butter, coconut butter

# ADD-ONS

¢75

one FREE with every smoothie

**GOJI BERRIES** *antioxidants*

**CHIA SEED** *omega-3 + omega-6*

**FLAXSEED** *omega-3 + digestion*

**BEE POLLEN** *anti-inflammatory*

**OATS** *fiber*

**MACA** *energy*

**COCONUT OIL** *healthy fats*

**WHEATGRASS** *detox*

**SPIRULINA** *antioxidants*

**GREENS** *fiber + vitamin dose*

**PEA PROTEIN 20G**

**HEMP PROTEIN 14G**

# JUICE



## COLD-PRESS

	13 oz	33 oz	64 oz
new bottle	\$7.5	\$16	\$28
refill	\$6	\$12	\$23

### GREEN MUSTANG

**STRONG GREEN** cucumber, greens, celery, lemon, ginger

### KOOLER

**SWEET GREEN** cucumber, apple, greens, lemon

### PARADISE

**FRUITY** pineapple, apple, orange, lemon

### SPARK

**SWEET + EARTHY** carrot, orange, pineapple, apple, ginger, turmeric

### SUNRISE

**WOW!** beet, apple, celery, orange, lemon, ginger

## CLEANSSES

	new bottles	refills
<b>BEGINNER CLEANSE</b>	\$22	\$17
<b>PRO CLEANSE</b>	\$43	\$31
<b>SIGNATURE CLEANSE</b>	\$39	\$29

## NUT MYLKs

	13 oz	33 oz	64 oz
new bottle	\$8	\$18	\$33
refill	\$7.5	\$15	\$28

made from your choice of almonds or cashews

### CHOOSE FROM:

**CHOCOLATE**

**MATCHA**

**GOLDEN**

**VANILLA**

**COFFEE**

**CHAI**

# COFFEE + TEA



## COFFEE

POUR OVER \$3

ESPRESSO \$3.25

AMERICANO \$3.25

COLD BREW \$4

**ESPRESSO WITH MYLK \$4**

LATTE

CAPPUCCINO

CORTADO

MOCHA



## TEA

**SPECIALTY \$4**

MATCHA

CHAI

GOLDEN

**FRESH HERBAL \$3**

served hot or cold

LEMON, GINGER, MAPLE

LEMON, GINGER, TURMERIC

LEMON, GINGER, CAYENNE

ORANGE JUICE, GOJI FIRE

**LOOSE LEAF TEA \$3**

OOLONG

GREEN

BLACK

WHITE

GINGER TURMERIC