

## MADE TO ORDER SMOOTHIES

#### SUPERFOOD ADD-ONS FOR YOUR SMOOTHIE

\$+2 house-made almond butter, house-made peanut butter, nutella, plant-based protein, house-made gluten-free granola, dragon fruit swirl, chocolate swirl (v), spirulina, chorella

\$+1.25 matcha, maqui, maca, activated charcoal, bee pollen, mushroom superfood blend

\$+1 banana, strawberry, kiwi, pineapple, blueberries, spinach, orange, ginger, cacao nibs, hemp seed, chia seed, pepita, coconut shred, goji berry

#### GREEN FLASH \$8.50

mango, kale, spinach, pineapple, banana

**SO CHILL** \$8.50 + pineapple \$1 spinach, avocado, orange, banana, ginger

**BIKINI BOTTOM** \$8.25 + dragon fruit \$2 pineapple, mango, orange, banana

pink dragon fruit, banana, pineapple, bee pollen

**SWEET STUFF** \$8.25 *great for kids!* strawberries, banana, orange, oat milk

## TOAST

#### SIMPLY AVOCADO \$7.50

gluten-free toast with avocado sprinkled with hemp seed and pepitas seed

ADD STRAWBERRIES & HONEY +\$1.50 ADD BANANA +\$1

# ALMOND BUTTER, BANANA, & STRAWBERRY \$8

gluten-free toast with house-made almond butter, banana, strawberry, cinnamon, coconut, cacao nibs, honey

#### EARLY MORNING RISER \$8.50

organic coffee, almond milk, banana, gluten-free granola, house-made almond butter

CHOCO THICC SHAKE \$8.50 best seller! banana, cacao, peanuts, plant protein, oat milk

PB DREAM \$8.50 + maca \$1.25 banana, spinach, peanuts, plant protein, hemp seeds, almond milk

MATCHA MARTIAN \$8.50 almond milk, matcha,

mango, banana, avocado, vegan protein

FREESOLO \$8.50 + almond butter \$2 almond milk, acai, blueberries, banana, honey



# MADE TO ORDER ENERGY ACAI BOWLS

#### SUPERFOOD ADD-ONS FOR YOUR BOWL

\$+2 house-made almond butter, house-made peanut butter, nutella, plant-based protein, house-made gluten-free granola, dragon fruit swirl, vegan chocolate swirl

\$+1.25 matcha, maqui, maca, activated charcoal, bee pollen, mushroom superfood blend

\$+1 banana, strawberry, kiwi, pineapple, blueberries, cacao nibs, hemp seed, chia seed, pepita, coconut shred, goji berry

**OG ACAI** \$10.50

base: organic acai, banana,

blueberries

toppings: gf granola, blueberries,

strawberries, coconut, honey

ALMOND BUTTER ME UP \$10.75

base: organic acai, banana,

blueberries

toppings: gf granola, banana,

strawberries, house-made almond butter, cacao nibs, coconut, goji

berries, honey

RAINBOW BOWL \$10.75

base: organic acai, banana,

blueberries

toppings: gf granola, banana, strawberries, kiwi, blueberries,

coconut, chia seeds, honey

CHOCOLATE HAZE \$10.75 best seller!

base: organic acai, banana,

blueberries

toppings: gf granola, banana, blueberries, nutella, cacao nibs,

honey

PB JELLY BOWL \$10.75

base: organic acai, banana,

blueberries

toppings: gf granola, banana, strawberries, house-made peanut

butter, coconut, honey

KIDDIE BOWL \$7

base: organic acai, banana,

blueberries

toppings: banana, strawberries,

blueberries, honey

BUILD YOUR OWN BOWL starting at \$7.50

starts with: organic acai, banana, blueberries base topped with gf granola

Choose what you want to top your bowl from our add-on list above.

## WELLNESS LATTES

All wellness lattes are available hot or iced with your choice of almond milk or oat milk. Sweetened with honey upon request.

ON SHROOMS \$6

organic coffee, cacao, mushroom blend

MATCHA LATTE \$6

matcha

COMMUNITY CHAI \$6

activated charcoal, david rio chai

GOLDE DUST LATTE \$6

blend of turmeric spices, cinnamon, vanilla

PEOPLESPROOF \$6

organic coffee, coconut oil, ghee

HEAT RISING 6

organic coffee, coconut oil, cayenne, maca

## ORGANIC COFFEE

Organic fair trade coffee from Equal Exchange

**HOT** \$2.50 - \$3.50

ICED \$3.25 - \$4.00

#### ADD A FLAVOR SHOT

+\$.75 lavender vanilla +\$2

vegan chocolate house-made peanut butter

caramel cinnamon

+\$1.25

namon mushroom superfood blend

coconut maca hazelnut

YOUR CHOICE OF MILK

+\$.50 oat milk almond milk half & half cream