

BOWLS



SMOOTHIES

ALL BOWLS ARE TOPPED WITH GRANOLA AND BANANA AS PART OF THE BASE PRICE

1

2

3

CHOOSE YOUR SIZE AND YOUR BASE COMBINATION

\$6 CLASSIC \$8 POWER \$12 BIG

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COCONUT

MATCHA

PITAYA

WARM OATS

CHOOSE ONE FREE TOPPING



- ALMONDS
- BEE POLLEN
- BLACKBERRY
- BLUEBERRY
- CACAO DRIZZLE
- MIXED BERRY
- STRAWBERRY
- VANILLA CHIA PUDDING
- CACAO NIBS
- CHIA SEEDS
- COCONUT
- DATES
- GOJI BERRY
- HEMP SEEDS

ASK ABOUT OUR SEASONAL FRUIT!

HONEY AND AGAVE ARE ALWAYS FREE!

CHOOSE ADDITIONAL TOPPING OF YOUR CHOICE

\$1 PER ITEM

- PEANUT BUTTER
- ALMOND BUTTER*
- GF GRANOLA*

BOOSTERS

- WHEY, COLLAGEN, PEA PROTEINS
- BULLETPROOF XCT OIL
- SPIRULINA, BLUE MAJIK*
- CAMU, DRAGON FRUIT

(*ADDL. CHARGE ITEMS)

BOOSTERS AND ADD-ONS CAN BE USED IN SMOOTHIES!

\$6

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ACAI PUREE, BLUEBERRY, BANANA, GOJI BERRY, DATES

MANGO TANGO

MANGO, BANANA, AGAVE

TROPICAL

STRAWBERRY, MANGO, CHIA, COCONUT, BANANA, AGAVE

COFFEE

CASHEW, COFFEE GROUND, COLD BREW, CACAO NIBS, AGAVE

CACAO

CASHEW, CACAO, BANANA, SALT, AGAVE

MATCHA

CASHEW, MATCHA, LAVENDER, AGAVE

P, B, AND C

CACAO SMOOTHIE WITH PB

\$7

KALE

KALE, SPINACH, HEMP, BANANA, BLUEBERRY, AGAVE

Our GF products are not certified as they are made in kitchens where wheat is present.

We have extensive use of banana, nuts and nut butters, seeds, and gluten products in our cafes.

If you have a serious exposure allergy to any of these, we do not recommend dining here.

ORGANIC ACAI SORBET

Serving Size	4 oz
Calories	95
Total Fat	2g
Saturated 0g	
Trans 0g	
Total Carbohydrate	16g
Dietary Fiber <1g	
Sugars 15g	
Protein	0g

ORGANIC COCONUT SORBET

Serving Size	4 oz
Calories	160
Total Fat	10g
Saturated 10g	
Trans 0g	
Total Carbohydrate	17g
Dietary Fiber 3g	
Sugars 14g	
Protein	0g

ORGANIC MATCHA SORBET

Serving Size	4 oz
Calories	80
Total Fat	0g
Saturated 0g	
Trans 0g	
Total Carbohydrate	21g
Dietary Fiber 0g	
Sugars 19g	
Protein	0g

ORGANIC PITAYA SORBET

Serving Size	4 oz
Calories	80
Total Fat	0g
Saturated 0g	
Trans 0g	
Total Carbohydrate	22g
Dietary Fiber 1g	
Sugars 20g	
Protein	0g

GRANOLA

Serving Size	1/3 cup
Calories	230
Total Fat	9g
Saturated 1g	
Trans 0g	
Total Carbohydrate	34g
Dietary Fiber 4g	
Sugars 10g	
Protein	6g

NUTRITIONAL VALUES ARE ESTIMATES ONLY