

# BOWLS



# SMOOTHIES

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

1

2

(OPTIONAL)

3

CHOOSE YOUR SIZE AND YOUR BASE COMBINATION

\$7 CLASSIC \$9 POWER \$13 BIG

AÇAÍ

COCONUT

MATCHA

PITAYA

BLUE MAJIK

WARM OATS

CHOOSE ONE FREE TOPPING



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

## BOOSTERS

- CAMU, MACA, DRAGON FRUIT

HONEY AND AGAVE ARE ALWAYS FREE, PLEASE ASK IF YOU WANT IT ON YOUR BOWL!

ASK ABOUT OUR SEASONAL FRUIT!  
(\*ADDL. CHARGE ITEMS)

CHOOSE ADDITIONAL TOPPING OF YOUR CHOICE

\$1 PER ITEM

- HEMP SEEDS
- MIXED BERRY
- STRAWBERRY
- PEANUT BUTTER
- ALMOND BUTTER\*
- GF GRANOLA\*

- WHEY, COLLAGEN, PEA PROTEINS
- BULLETPROOF XCT OIL
- SPIRULINA, BLUE MAJIK\*

BOOSTERS AND ADD-ONS CAN BE USED IN SMOOTHIES!

## AÇAÍ

ACAÍ PUREE, BLUEBERRY, BANANA, GOJI BERRY, DATES

## MANGO TANGO

MANGO, BANANA, AGAVE

## TROPICAL

STRAWBERRY, MANGO, CHIA, COCONUT, BANANA, AGAVE

## COFFEE

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

## CACAO

CASHEW, CACAO, BANANA, SALT, AGAVE

## MATCHA

CASHEW, MATCHA, LAVENDER, AGAVE

## P, B, AND C

CACAO SMOOTHIE WITH PB

## KALE

KALE, SPINACH, HEMP, BANANA, BLUEBERRY, AGAVE

CONSUMER ADVISORY!!

**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
<b>Total Fat</b>	<b>2g</b>
Saturated 0g	
Trans 0g	
<b>Total Carbohydrate</b>	<b>16g</b>
Dietary Fiber <1g	
Sugars 15g	
<b>Protein</b>	<b>0g</b>

ORGANIC COCONUT SORBET	
Serving Size	4 oz
Calories	160
<b>Total Fat</b>	<b>10g</b>
Saturated 10g	
Trans 0g	
<b>Total Carbohydrate</b>	<b>17g</b>
Dietary Fiber 3g	
Sugars 14g	
<b>Protein</b>	<b>0g</b>

ORGANIC MATCHA SORBET	
Serving Size	4 oz
Calories	80
<b>Total Fat</b>	<b>0g</b>
Saturated 0g	
Trans 0g	
<b>Total Carbohydrate</b>	<b>21g</b>
Dietary Fiber 0g	
Sugars 19g	
<b>Protein</b>	<b>0g</b>

ORGANIC PITAYA SORBET	
Serving Size	4 oz
Calories	80
<b>Total Fat</b>	<b>0g</b>
Saturated 0g	
Trans 0g	
<b>Total Carbohydrate</b>	<b>22g</b>
Dietary Fiber 1g	
Sugars 20g	
<b>Protein</b>	<b>0g</b>

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

NUTRITIONAL VALUES ARE ESTIMATES ONLY