

BOWLS



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

\$ 6 \$ 8 \$ 12
CLASSIC POWER 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

- WHEY, COLLAGEN, PEA PROTEINS
- GUARANA POWDER
- CAMU, MACA, DRAGON FRUIT
- HEMP SEEDS
- MIXED BERRY
- STRAWBERRY
- PEANUT BUTTER
- ALMOND BUTTER*
- GF GRANOLA*
- MCT OIL
- SPIRULINA, BLUE MAJIK*

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

SMOOTHIES

AÇAÍ

ACAI 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

BOOSTERS AND ADD-ONS CAN BE USED IN SMOOTHIES!

★ 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.

TOASTS

POMTASTIC

avocado spread, pomegranate and pistachio relish

MEDITERRANEAN

avocado spread, tomato, cucumber, parsley, feta, Kalamata olives, pesto

SMOKED SALMON

avocado spread, smoked salmon*, capers, onions, dill

NUTTY almost CHICKEN

avocado spread, red pepper flakes, cilantro lime cashew cream, poached egg*

P, B, and C

Peanut butter, banana, cacao drizzle, cacao nibs

MANGO PICANTE

avocado spread, tomato, onion, cilantro, serrano pepper, mango

EGYPTIAN

avocado spread, cashew garlic aioli, piquante pepper, dukkah seasoning

HUMMUS AND BEANS

avocado spread, hummus, Cuban black beans, nuts and seeds

BERRY GOOD

avocado spread, fresh strawberries, chocolate balsamic drizzle

SPECIAL

ASK US ABOUT OUR SEASONAL TOAST OFFERING

Vegan Burrito

Curried sweet potatoes, Cilantro lime rice and jalapeno cream sauce, Cuban black beans, toasted pepitas, fresh avocado

SALADS

SUMMER SPINACH

clementines, strawberries, pistachios, dried cranberries and goat cheese tossed with a house-made strawberry balsamic vinaigrette

APPLE QUINOA KALE

Fuji apples, candied pecans, dried cranberries, quinoa and feta cheese tossed with a house-made apple cider vinaigrette

SPICY THAI KALE

Mandarins, red cabbage, green onions, crunchy chow mein noodles, crushed peanuts tossed with a spicy house-made creamy sesame peanut dressing

SPECIAL

ASK US ABOUT OUR SEASONAL SALAD OFFERING

ADD-ONS:

Chicken \$3.00

VEGAN OPTION: Avocado or hemp can be substituted for cheese at no charge



CONSUMER ADVISORY!!

***CONSUMING RAW OR UNDERCOOKED SEAFOOD OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.**

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Hot Chocolate

All natural ingredients whipped with your choice of milk. Try it with one of our below flavors!

Uncle Reece's

Hot chocolate whipped with peanut butter, topped with whipped cream and a peanut butter treat!

Joyful Almond

Hot chocolate whipped with organic coconut cream and almond milk, topped with whipped cream and an chocolate covered almond!

The Great Pumpkin Spice

Hot chocolate whipped with pumpkin pie seasonings, topped with whipped cream and cacao drizzle

Hot and Spicy

Hot chocolate whipped with a mixture of cinnamon, cayenne and vanilla, topped with whipped cream and cacao drizzle.

Peppermint!

Hot chocolate whipped with peppermint, topped with whipped cream and peppermint pieces.

Espresso Flavorings

All natural ingredients added to your espresso beverage

**ALMOND
CARAMEL**

**PUMPKIN SPICE
VANILLA**

MOCHA LATTES

ALSO AVAILABLE IN:

**PEPPERMINT, ALMOND JOY, HOT and SPICY
FLAVORS**

TEA LATTES

CHAI. MATCHA. GOLDEN TURMERIC.

ENERGY LATTES

All natural ENERGY drink containing an organic guarana shot, dragon fruit, milk, and your choice of one of the below boosters!

**acai. blue majik.
matcha. maqui.**

****MILK ALTERNATIVES AVAILABLE!****

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