

SMOOTHIE BOWLS • O | V | GF

1. BASE: A creamy blend of ingredients

SUPERBERRY • \$11

strawberries, blueberries, acai, banana, maca, peanut butter, housemade cashew mylk

MANGO MATCHA • \$11

mango, banana, spinach, ceremonial grade Japanese matcha, housemade cashew mylk • *contains caffeine*

THE MAGIC • \$11

raw coconut meat, banana, *Blue Majik* algae, dates, housemade cashew mylk

PEPPERMINT CHIP • \$11

raw coconut meat, banana, spirulina, cacao nibs, *doTERRA* peppermint essential oil, maple syrup, housemade cashew mylk

BUCKEYE • \$11

banana, peanut butter, cacao, sacha inchi protein, himalayan salt, housemade cashew mylk

BITTY BERRY BOWL • KIDS • \$6

strawberries, blueberries, banana, housemade cashew mylk

2. BASE ADDITIONS: Blended add-ins

raw cacao, spirulina, steel cut oats, peanut butter, bee pollen, raw honey, cacao nibs, flax seed, hemp hearts, chia seeds . \$1.75 ea.

hemp protein, acai, dragon fruit, lion's mane, ashwagandha, reishi, spirulina, wheatgrass, almond butter, spinach \$1.5 ea.

sacha inchi, vanilla protein, blue majik algae, collagen, *E3live* Liquid BrainOn, coconut meat, matcha \$2 ea.

cold pressed red hawaiian turmeric, cold pressed ginger ... \$2.5 ea.

3. TOPPINGS: Bowls & Oatmeal

banana, chia seeds, toasted coconut, hemp hearts, peanut butter, bee pollen, raw cacao nibs, raw honey \$1.75 ea.

strawberries, blueberries, strawberry jam, pecans, goji seed mix (pepitas, sunflowers, dried goji berries), almond butter \$1.5 ea.

Pistacia Vera muesli \$2 ea.

OATMEAL • O | V | GF

STRAWBERRY CHIA • \$5.75

GF oats, cashew mylk, strawberry chia jam, coconut sugar, pinch of salt

WILD ORANGE & CINNAMON • \$5.75

GF oats, cashew mylk, *doTerra* wild orange oil, cinnamon, coconut sugar, pinch of salt

ALMOND BUTTER & CACAO • \$5.75

GF oats, almond butter, cacao, cashew mylk, coconut sugar, pinch of salt



COLD PRESSED
THOUGHTFULLY
SOURCED
INGREDIENTS

SMOOTHIES • O | V | GF

TROPIC GREEN • \$11

mango, spinach, pineapple, cold pressed orange juice, wheatgrass, spirulina

MUSCLE MAGIC • \$11

banana, raw coconut meat, sacha inchi protein, *Blue Majik* algae, steel cut oats, maca, maple syrup, housemade cashew mylk

SWIRLED PB & J • \$11

raw coconut meat, banana, housemade cashew mylk, maple syrup, peanut butter, hemp hearts, dates, himalayan salt, swirled with housemade strawberry chia jam

MIGHTY BEET • \$11

cold pressed beet, cherries, strawberries, pomegranate, blueberries, cold pressed ginger, cold pressed lemon, chia seeds

CACAO CRAVE • \$11

banana, cacao powder, cacao nibs, peanut butter, hemp protein, cinnamon, maple syrup, steel cut oats, housemade cashew mylk

CLEAN GREEN • \$11

kale, spinach, parsley, cucumber, chard, collards, cabbage, celery, lemon, ginger, himalayan salt, spirulina, live probiotics

COCONUT COFFEE • \$11

coconut meat, banana, coconut water, *One Line Coffee* cold brew, sacha inchi protein, coconut sugar, cardamom, maple syrup • *contains caffeine*

DOUBLE BERRY • \$10.5

strawberries, blueberries, banana, cold pressed apple juice

BITTY BERRY SMOOTHIE • KIDS • \$6

strawberries, blueberries, banana, cold pressed apple juice