

# Smoothie

Build Your Own:  
Smoothies and  
Acai Bowls!

## Acai Bowl:

9 ... 16oz

## Smoothies:

7.5 ... Regular

9.5 ... With 3 Add-Ins

4.5 ... Kids

## BUILD YOUR OWN SMOOTHIE OR ACAI BOWL

Step 1: Choose Milk

Almond Milk, Coconut Milk, Whole Milk, Skim Milk

Step 2: Choose Nut Butter

Almond, Yogurt, Peanut, Chocolate Hazelnut

Step 3: Choose Protein

Garden of Life Vanilla Whey, Spirutein Vanilla Plant Protein, Chocolate Bone Broth

Step 4: Choose Sweetener

Honey, Agave, Frozen Banana, Dates

Step 5: Choose Add-Ins (Listed Below)

Acai Bowls 16oz \$9, 24oz \$14

Goddess Garden: Frozen acai, mixed fruit, banana, goji berries, coconut flakes

Power Bowl: Frozen acai, almond butter, blueberries, banana, chopped nuts, chia seeds, pumpkin seeds

Build Your Own!

Add-Ins (For smoothie and acai bowl):

Almond Butter, Bananas, Blueberries, Cashews, Cacao Nibs, Cacao Powder, Choc Hazelnut Butter, Coconut Shreds, Coconut Oil, Flax Oil, Fiber Blend (chia, flax), Granola, Goji Berries, Greens Powder, Mango, Peanutbutter, Pineapple, Pumpkin Seeds, Spinach, Whey Protein, Plant Protein, Strawberries, Yogurt

Energy Add-Ins:

Maca Powder, Matcha Powder

Fat Burning Shot:

CLA

Stress Relief Shot:

CBD (green)

# Smoothie

## OUR FAVORITES

9.5 ... Regular

Smoothies are  
available from 9a-  
4p

### Chocolate Peanut Butter:

Milk, chocolate bone broth, peanut butter, ½ banana, cacao powder, chocolate hazelnut butter, honey

### Good Earth:

Milk, Spirutein plant protein, almond butter, banana, honey, cacao powder, greens powder, matcha powder, pumpkin seeds

### Blueberry Muffin:

Blueberries, GF oats, maple syrup, cinnamon, vanilla protein, lemon juice, milk

### Mango Peach:

Peaches, mango, Spirutein plant protein, pineapple juice, one ripe banana, strawberries

### Mixed Berry:

Blackberry, blueberry, strawberry yogurt, granola, honey, whey protein, almond butter, almond milk

### Superfood:

Milk, almond butter, whey protein, honey, frozen banana, blueberries, matcha powder

### Piña Colada:

Coconut/pineapple juice, whey protein, yogurt, honey, frozen pineapple, coconut shreds

### Mike Lee:

Strawberries, ½ banana, vanilla whey protein, peanutbutter, granola, cacao nibs

### Mad Mermaid Detox:

Spinach, chia seeds, almond butter, pineapple, banana, almond milk, spirulina

---

# Gr ab n Go

---

**Prices vary  
based on  
ingredients and  
products.**

---

Grab-n-Go options are  
available 9a-6p daily.

## What's In The Case?

Our Grab-N-Go case stays stocked with a variety of options for all different dietary needs, perfect for a quick bite to eat, lunch at the office, or a sunny picnic!

### Wraps:

Turkey Veggie, Tuna Salad, Vegan Hummus & Veggie, Chicken Salad

### Protein Boxes:

Meats & Cheeses, Veggies & Hummus

### Kid's Boxes:

Kid friendly sandwiches offered with apple slices

### Snacks & Bites:

Spirulina cacao bites, chai bites, overnight oats, vegan&regular cream cheese pinwheels, salads of all kinds, and more!

\*We have options made with gluten free ingredients, however, our kitchen is not a gluten free environment and thus our GF snacks are not recommended for those with severe allergy or Celiac. We apologize for this inconvenience.

---

# Sandwich

---

Sandwich Served with Chips  
... 8.99

---

Sandwich service is open  
from 11a-4p

## Build Your Own Sandwich!

Your sandwich comes with 1 protein, 1 cheese, 2 veggies, a side of chips, and whatever condiments you'd like! Add extra protein or cheese for \$1 ea. Add extra veggies for \$.25 ea.\*

### Step 1: Choose bread

White, Wheat, Bagel

### Step 2: Choose protein

Sliced Ham (Applegate), Turkey Pastrami, Field Roast,  
Hummus

### Step 3: Choose cheese

Pepper Jack, Cheddar, Provalone (Follow Your Heart brand)

### Step 4: Add veggies

Lettuce, Tomatoes, Red Onion, Sprouts, Avocado

### Step 5: Decide on condiments

Mayo, Veganaise (Follow Your Heart brand), Mustard, Dijon