# rollin' n bowlin'

## Bowls

| | snack | regular |
|---|---|---|
| **Super Monkey** | $6.49 | $10.49 |

Açaí, berries, banana, pineapple, coconut water
Toppings: Granola, coconut, banana, strawberries, chia seeds
Snack 287 Cal / Regular 382 Cal

| | | |
|---|---|---|
| **Train Your Dragon** | $6.49 | $10.49 |

Pitaya, strawberries, banana, pineapple, apple juice
Toppings: Granola, coconut, banana, pineapple, chia seeds
Snack 310 Cal / Regular 390 Cal

| | | |
|---|---|---|
| **Coco Loco** | $6.99 | $10.99 |

Açaí, peanut butter, cacao, berries, banana, vanilla almond milk
Toppings: Granola, coconut, banana, strawberries, chia seeds, cacao nibs
Snack 380 Cal / Regular 516 Cal

| | | |
|---|---|---|
| **Let That ManGo** | $6.49 | $10.49 |

Pitaya, mango, peaches, apple juice
Toppings: Granola, banana, coconut, chia seeds
Snack 309 Cal / Regular 401 Cal

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## Smoothies

| | med | large |
|---|---|---|
| **Super Monkey** | $6.49 | $7.99 |
| Açaí, berries, banana, pineapple, coconut water<br>Snack 240 Cal / Regular 300 Cal | | |
| **Train Your Dragon** | $6.49 | $7.99 |
| Pitaya, strawberries, banana, pineapple, apple juice<br>Snack 337 Cal / Regular 421 Cal | | |
| **Coco Loco** | $6.99 | $8.49 |
| Açaí, peanut butter, cacao, berries, banana, vanilla almond milk<br>Snack 342 Cal / Regular 429 Cal | | |
| **Let That ManGo** | $6.49 | $7.99 |
| Pitaya, mango, peaches, apple juice<br>Snack 290 Cal / Regular 363 Cal | | |
| **The Banana Stand** | $6.49 | $7.99 |
| Strawberries, banana, cinnamon, vanilla almond milk<br>Snack 224 Cal / Regular 280 Cal | | |
| **Don't Kale My Vibe** | $6.49 | $7.99 |
| Apple, almond butter, kale, pineapple, banana, vanilla almond milk<br>Snack 224 Cal / Regular 280 Cal | | |

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## Toasts

| | 1 slice | 2 slices |
|---|---|---|
| **Loaded Avocado** | $4.99 | $7.79 |

Avocado, feta, arugula, tomatoes, everything bagel seasoning, pepper, red pepper flakes, olive oil
Half 396 Cal / Full 792 Cal

| | | |
|---|---|---|
| **Avo Caprese** | $4.99 | $7.79 |

Avocado, fresh mozzarella, tomatoes, pink sea salt, pepper, basil, balsamic, olive oil
Half 396 Cal / Full 792 Cal

| | | |
|---|---|---|
| **Nuts for Nanners (PB)** | $3.99 | $6.79 |

Peanut Butter, banana, cinnamon, honey, chia seeds

| | | |
|---|---|---|
| Sub Almond Butter | $4.49 | $7.29 |

Half 363 Cal / Full 726 Cal

## Coffee

| | Small | Med |
|---|---|---|
| **Local Drip** | $2.79 | $3.29 |

Add almond milk, half-n-half, or oat milk

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## Extra Goodies

### Topping Add-ons

| | | | |
|---|---|---|---|
| Honey | $0.25 | Sliced Almonds | $0.75 |
| Peanut Butter | $0.50 | Cashews | $0.75 |
| Almond Butter | $1.50 | Cacao Nibs | $1.00 |
| Flax Seeds | $0.50 | Gogi Berries | $0.75 |
| Hemp Seeds | $0.75 | Extra Fruit | $0.75 |
| Walnuts | $0.75 | Extra Granola | $0.75 |

### Blend Add-ons

| | | | |
|---|---|---|---|
| Plant Protein | $1.50 | Collagen Peptides | $2.00 |

## Spread Healthy Vibes

Follow us on Instagram @rollinnbowlincafes or ask how you can get involved in our student programs!

Bowls n Goals and Bowlin' Besties