

classicshakes reg 6.75 lrg +1.5

chocolate frosty

wendy has nothing on us

vanilla thrilla

the bean that gets you lean!

cookies n' cream

need we say more?

shake your coffee

vanilla or chocolate protein, extras available

specialtyshakes reg 7.25 lrg +1.5

banana split

strawberry, banana, chocolate protein

strawberry fields

strawberry, vanilla protein

p-b²

banana, chocolate protein, peanut butter

grammy's goods

cookies n' cream protein, peanut butter

pourover

coldbrew 4.25

choice of milk, add protein, matcha or cinnamon

green tea matcha 4.75

choice of milk, add protein

shakeyoursmoothie

choose a liquid reg 7.75 lrg +1.5

apple juice | orange juice

choose two fruits

strawberry | banana | blueberry

pineapple | acai | pitaya

balanced with protein

whollyoatmeal 4.45

berries n' cream

oats, strawberry, vanilla greek yogurt

pb&b

oats, banana slices, peanut butter

toasted coconut cream

oats, coconut flakes, sliced almonds,

vanilla greek yogurt

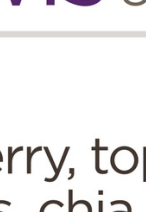
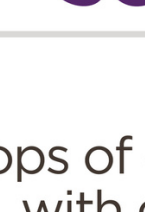
chocolate chip banana bread

oats, banana slices, dark chocolate, cinnamon

(add protein) +5

followus

show us how you ***fuel your lifestyle***



scoopedbowls 8.95

rawçaí

scoops of organic acai, strawberry, topped with granola, banana slices, chia, and coconut flakes

raw-pb

scoops of organic acai, topped with granola, banana slices, dark chocolate, and peanut butter

the buzz bowl

scoops of organic acai, pitaya, pineapple, topped with granola, coconut flakes, and bee pollen

blendedbowls 8.95

original acai bowl

organic acai, strawberry, apple juice, protein, topped with granola, coconut flakes, and banana slices

pb&a

organic acai, strawberry, peanut butter, almond milk, protein, topped with granola, dark chocolate, and banana slices

dragon bowl

pitaya, pineapple, oj, vanilla protein, topped with granola, chia, and coconut flakes

any of our products may contain allergens, including peanuts and tree nuts
all shakes, bowls, and oatmeals come with organic agave nectar

smarttoast

peanut butter toast 4.95

organic whole grain bread, all natural peanut butter, banana, hemp seeds, cinnamon

almond butter toast 5.45

organic whole grain bread, all natural almond butter, banana, hemp seeds, cinnamon

avocado toast 6.25

organic whole grain bread, avocado mash, feta cheese, sun dried tomatoes, crushed red pepper, crystalized lemon, himalayan sea salt

wholewheat signaturewraps 8.95

turks & 'matoes

turkey, spinach, onion, sun dried tomatoes, swiss
recommended sauce: sweet & savory

rubi's tuna salad

tuna, carrot, onion, celery, spinach, swiss
recommended sauce: habanero

veggie delight

spinach, hummus, avocado mash, sun dried tomatoes, artichoke, cucumber
recommended sauce: white wine dijon

add avocado to any wrap! +1

craftyourcup

overnight oats 5.45

soaked in oat milk

greek yogurt 5.95

with a hint of vanilla

choose 4 toppings

banana | blueberry | strawberry | granola
cinnamon | bee pollen | cold brew | chia
peanut butter | almonds | dark chocolate
coconut flakes | vanilla or chocolate protein

overnight oats | greek yogurt

cold brew and protein are not available for greek yogurt

makeityourway

make it a bowl +1.5

with granola and banana slices on top

almond milk or oat milk +5

instead of low fat/non fat

almond butter +5

for any peanut butter shake

100% plant protein +1

in place of whey protein

greens&veggies

matcha mentality 7.25 | +1.5

green tea matcha, vanilla protein

greens to go 7.75 | +1.5

spinach, banana, pineapple, oj, protein

carrot cake 7.75 | +1.5

cinnamon, banana, carrot juice, vanilla protein

organic supershake 8.25 | +1.5

organic superfood, banana, vanilla protein, peanut butter

exoticshakes reg 7.75 lrg +1.5

a perfect 10

blueberry, banana, vanilla protein, peanut butter

acai energy

acai, banana, vanilla protein, peanut butter

chocolate covered strawberry

strawberry, acai, chocolate protein

breakfast to go

strawberry, pineapple, acai, oj, vanilla protein

mea aloha

pineapple, banana, acai, apple juice, protein

fruitopia

strawberry, banana, acai, apple juice, protein

pink cadillac

pitaya, pineapple, oj, vanilla protein