

shakes

classicshakes reg 6²⁵ lrg +1⁵

213/261 **chocolate frosty**

wendy has nothing on us

203/251 **vanilla thrilla**

a classic for a reason!

223/271 **cookies n' cream**

need we say more?

163/211 **shake your coffee**

vanilla or chocolate protein, extras available

specialtyshakes reg 7²⁵ lrg +1⁵

185/227/269 **banana split**

strawberry, banana, chocolate protein

150/192/234 **strawberry fields**

strawberry, vanilla protein

258/300/342 **p-b²**

banana, chocolate protein,
peanut butter

275/323/371 **grammy's goods**

cookies n' cream protein, peanut butter

exoticshakes reg 7⁷⁵ lrg +1⁵

a perfect 10 276/318/360

blueberry, banana, vanilla protein, peanut butter

acai energy 262/304/346

acai, banana, vanilla protein, peanut butter

**chocolate covered
strawberry** 229/271/313

strawberry, acai, chocolate protein

breakfast to go 199/241/283

strawberry, pineapple, acai, oj, vanilla protein

mea aloha 214/256/298

pineapple, banana, acai, apple juice, protein

fruitopia 203/245/287

strawberry, banana, acai, apple juice, protein

pink cadillac 197/239/281

pitaya, pineapple, oj, vanilla protein



greens&veggies

matcha mentality 7²⁵ | +1⁵ 203/251

green tea matcha, vanilla protein

greens to go 7⁷⁵ | +1⁵ 152/194/236

spinach, banana, pineapple, oj, protein

organic supershake 8²⁵ | +1⁵ 258/300/342

organic superfood, banana, vanilla protein,
peanut butter

shakeyoursmoothie reg 7⁷⁵ lrg +1⁵

choose a liquid

apple juice | orange juice

choose two fruits

strawberry | banana | blueberry

pineapple | acai | pitaya

balanced with protein

any of our products may contain allergens,
including peanuts & tree nuts.

all shakes, bowls, craft your cup &
protein balls come with organic agave nectar.



bowl

scooped bowls^{8.95}

221/269 **rawçaí**

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

305/353 **raw-pb**

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

242/290 **the buzz bowl**

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

build your bowl^{9.45}

scooped acai base 191/233

3 scoops of organic acai

choose four toppings

banana | blueberry | strawberry

cinnamon | bee pollen | chia

almonds | dark chocolate | granola

peanut butter | greek yogurt

coconut flakes | chia seed pudding

blended bowls^{8.95}

original acai bowl 240/324

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

pb&a 346/426

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

dragon bowl 197/281

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

bevs

pourover

30 **coldbrew** 4.25

add protein, matcha or cinnamon

150 **green tea matcha** 4.75

add protein



make it your way

make it a bowl^{+1.5}

with granola & banana slices on top

almond milk or oat milk⁺⁵

instead of low fat/non fat

almond butter⁺⁵

for any peanut butter shake

creatine⁺¹

100% premium creatine monohydrate

100% plant protein^{+1.5}

in place of whey protein

bites

proteinballs^{3.95}

134 chocolate chip cookie dough

vanilla protein, peanut butter, oats,
chia, cinnamon, dark chocolate

142 magic matcha

vanilla protein, peanut butter, hemp seeds,
oats, green tea matcha, coconut flakes

136 brownie batter

plant chocolate protein, peanut butter,
oats, chia seeds



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at your *fingertips*

craftyourcup

classic oatmeal^{4.75} 160/202

warm & hearty

overnight oats^{4.95} 180/222

soaked in oat milk

greek yogurt^{5.45} 110

with a hint of vanilla

chia seed pudding^{5.45} 181/204

soaked in almond milk

toppings available will vary depending on base

choose four toppings

banana | blueberry | strawberry
cinnamon | bee pollen | cold brew
peanut butter | almonds | granola
chia | dark chocolate | coconut flakes
chia seed pudding | overnight oats
vanilla or chocolate protein
greek yogurt

follow us



smarttoast

peanut butter toast^{4.95} 295/305

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

almond butter toast^{5.45} 307/317

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

avocado toast^{5.95} 142

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

hummus toast^{5.95} 283

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

