**BOWLS**

- **Super Monkey**
  - snack 287 cal · regular 382 cal
  - açaí, berries, banana, pineapple, coconut water
  - Toppings: granola, coconut, banana, strawberries, chia seeds
  - snack $6.59 · regular $9.99

- **Train Your Dragon**
  - snack 310 cal · regular 390 cal
  - pitaya, strawberries, banana, pineapple, apple juice
  - Toppings: granola, coconut, banana, pineapple, chia seeds
  - snack $7.09 · regular $10.59

- **Coco Loco**
  - snack 380 cal · regular 516 cal
  - açaí, peanut butter, cacao, banana, berries, vanilla almond milk
  - Toppings: granola, coconut, banana, strawberries, chia seeds, cacao nibs
  - snack $7.59 · regular $10.99

- **Guac My World**
  - snack 337 cal · regular 473 cal
  - avocado, spinach, kale, banana, pineapple, coconut water
  - Toppings: granola, coconut, banana, strawberries, chia seeds
  - snack $6.59 · regular $9.99

- **Let that ManGo**
  - snack 309 cal · regular 401 cal
  - pitaya, mango, peaches, apple juice
  - Toppings: granola, coconut, banana, strawberries, chia seeds
  - snack $6.59 · regular $9.99

- **Lime Feelin’ Good**
  - snack 375 cal · regular 490 cal
  - açaí, lime, mint, ginger, pineapple, mango, coconut water
  - Toppings: granola, coconut, mango
  - snack $6.59 · regular $9.99
SMOOTHIES

Super Monkey
medium $6.59 · large $8.09
açaí, berries, banana, pineapple, coconut water

Train Your Dragon
medium $6.99 · large $8.59
pitaya, strawberries, banana, pineapple, apple juice

Coco Loco
medium $7.99 · large $9.59
açaí, peanut butter, cacao, banana, berries, vanilla almond milk

Guac My World
medium $6.99 · large $8.59
avocado, spinach, kale, banana, pineapple, coconut water

Let that ManGo
medium $6.99 · large $8.59
pitaya, mango, peaches, apple juice

Lime Feelin’ Good
medium $6.59 · large $8.09
açaí, lime, mint, ginger, pineapple, mango, coconut water

The Banana Stand
medium $6.99 · large $7.79
strawberries, banana, cinnamon, vanilla almond milk

Cold Brewski
medium $6.99 · large $8.59
banana, cold brew, dates, cinnamon, vanilla, almond milk

TOAST

Loaded Avocado
half $4.29 · full $7.79
avocado, garlic, feta, arugula, tomatoes, everything bagel seasoning, black pepper, red pepper flakes, extra virgin olive oil

Avo Caprese
half $3.09 · full $5.59
avocado, fresh mozzarella, tomatoes, pink salt, pepper, basil, balsamic, extra virgin olive oil

Nuts for Nanners
half $6.29 · full $7.79
peanut butter, banana, cinnamon, honey, chia seeds

Berry Nutty
half $4.09 · full $7.59
peanut butter, no-sugar-added strawberry jam, coconut flakes

Follow us on Instagram and Facebook for some more healthy vibes! @rollinrbowlin

SUBSTITUTE GLUTEN-FREE BREAD - ADD 59¢ FOR HALF, ADD 79¢ FOR FULL
SUBSTITUTE ALMOND BUTTER FOR PEANUT BUTTER - ADD $1.09
## EXTRA GOODIES

### Add to Blend

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Plant Protein</td>
<td>$2.09</td>
<td>Cacao Powder</td>
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<tr>
<td>Whey Protein</td>
<td>$2.09</td>
<td>Matcha</td>
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<td>Collagen Peptides</td>
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<td>Spinach</td>
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<td>Coconut Oil</td>
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<td>Kale</td>
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<tr>
<td>Ground Flax</td>
<td>$0.59</td>
<td>Cauliflower Sub for Banana</td>
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<tr>
<td>Chia Seeds</td>
<td>$0.59</td>
<td>Extra Fruit / Fruit Sub</td>
<td>$0.79</td>
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<tr>
<td>Maca</td>
<td>$1.09</td>
<td>Spirulina</td>
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### Add to Toppings

<table>
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<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Honey</td>
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<td>Sliced Almonds</td>
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<tr>
<td>Agave</td>
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<td>Cashews</td>
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<td>Peanut Butter</td>
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<td>Coconut Oil</td>
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<tr>
<td>Almond Butter</td>
<td>$1.59</td>
<td>Cacao Nibs</td>
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<tr>
<td>Flax Seeds</td>
<td>$0.59</td>
<td>Gogi Berries</td>
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<tr>
<td>Hemp Seeds</td>
<td>$0.79</td>
<td>Extra Fruit</td>
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<tr>
<td>Walnuts</td>
<td>$0.79</td>
<td>Extra Granola</td>
<td>$0.79</td>
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