

BOWLS

	SNACK	REGULAR
Super Monkey Açaí, berries, banana, pineapple, coconut water Toppings: Granola, coconut, banana, strawberries, chia seeds <i>snack 287 cal regular 382 cal</i>	6.50	9.95
Train Your Dragon Pitaya, strawberries, banana, pineapple, apple juice Toppings: Granola, coconut, banana, pineapple, chia seeds <i>snack 310 cal regular 390 cal</i>	7.00	10.50
Coco Loco Acai, peanut butter, cacao, banana, berries, vanilla almond milk Toppings: Granola, coconut, banana, strawberries, chia seeds, cacao nibs <i>snack 380 cal regular 516 cal</i>	7.50	10.95
Guac My World Avocado, spinach, kale, banana, pineapple, coconut water Toppings: Granola, coconut, banana, strawberries, chia seeds <i>snack 337 cal regular 473 cal</i>	6.50	9.95
Let that ManGo Pitaya, mango, peaches, apple juice Toppings: Granola, coconut, banana, chia seeds <i>snack 309 cal regular 401 cal</i>	6.50	9.95
Lime Feelin' Good Acai, lime, mint, ginger, pineapple, mango, coconut water Toppings: Granola, coconut, mango <i>snack 375 cal regular 490 cal</i>	6.50	9.95

SMOOTHIES

	MEDIUM	LARGE
Super Monkey Açaí, berries, banana, pineapple, coconut water <i>medium 240 cal large 300 cal</i>	6.50	8.00
Train Your Dragon Pitaya, strawberries, banana, pineapple, apple juice <i>medium 337 cal large 421 cal</i>	6.95	8.50
Coco Loco Açaí, peanut butter, cacao, berries, banana, vanilla almond milk <i>medium 343 cal large 429 cal</i>	7.95	9.50
Guac My World Avocado, spinach, kale, banana, pineapple, coconut water <i>medium 307 cal large 384 cal</i>	6.25	7.75
Let that ManGo Pitaya, mango, peaches, apple juice <i>medium 290 cal large 363 cal</i>	6.95	8.50
Don't Kale My Vibe Kale, almond butter, apple, pineapple, banana, coconut milk <i>medium 356 cal large 445 cal</i>	7.50	9.00
The Banana Stand Strawberries, banana, cinnamon, vanilla almond milk <i>medium 224 cal large 280 cal</i>	6.25	7.75
Cold Brewski Banana, Bungalow Brew cold brew, dates, cinnamon, vanilla almond milk <i>medium 265 cal large 331 cal</i>	6.95	8.50
Lime Feelin' Good Acai, lime, ginger, mint, pineapple, mango, coconut water <i>medium 202 cal large 253 cal</i>	6.50	8.00

EXTRA GOODIES

ADD TO BLEND

Plant Protein	1.50
Whey Protein	1.50
Collagen Peptides	2.00
Coconut Oil	50¢
Ground Flax	50¢
Chia Seeds	50¢
Maca	1.00
Cacao Powder	75¢
Matcha	1.00
Spinach	1.00
Kale	1.00
Cauliflower sub for	
Banana	1.00
Extra fruit/fruit sub	75¢
Spirulina	2.00

ADD TO TOPPINGS

Honey	25¢
Agave	50¢
Peanut butter	50¢
Almond butter	1.50
Flax seeds	50¢
Hemp seeds	75¢
Walnuts	75¢
Sliced Almonds	75¢
Cashews	75¢
Coconut Oil	50¢
Cacao Nibs	75¢
Gogi Berries	1.00
Extra Fruit	75¢
Extra Granola	75¢

TOAST

All our toasts are made with fresh multigrain from our local Great Harvest bakery.

Substitute Gluten-Free Bread – add 50¢ Half 75¢ Full

Substitute Almond Butter for Peanut Butter – add 1.00

	HALF	FULL
Loaded Avocado	4.25	7.75
Avocado, garlic, feta, arugula, tomatoes, everything bagel seasoning, black pepper, red pepper flakes, extra virgin olive oil <i>half 396 cal full 792 cal</i>		
Avo Caprese	4.25	7.75
Avocado, fresh mozzarella, tomatoes, pink salt, pepper, basil, balsamic, extra virgin olive oil <i>half 363 cal full 727 cal</i>		
Nuts for Nanners	3.00	5.50
Peanut butter, banana, cinnamon, honey, chia seeds <i>half 358 cal full 716 cal</i>		
Berry Nutty	4.00	7.50
Peanut butter, no sugar added strawberry jam, coconut flakes <i>half 253 cal full 507 cal</i>		

DRINKS

	SMALL	MEDIUM
Avoca Coffee	2.50	3.50
Keto Coffee	4.50	5.50
Avoca coffee, coconut oil, grass-fed butter		
Cold Brew Concentrate Shot		2.00
Cold Brew	3.50	4.50
Iced Matcha Latte	4.00	5.00
Iced Matcha Water	3.00	4.00
Blended Matcha Latte	6.00	8.00
Unsweetened matcha, vanilla almond milk, honey, ice blended		