



	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT (G)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
SMOOTHIE BOWLS									
ACAI CRUNCH	334	171	19	3	67	38	13	17	8
ACAI OVERLOAD	382	162	18	7	124	50	11	6	9
BEACH BUM	529	198	22	12	196	73	14	38	12
BUILD ME UP PB CUP	453	225	25	8	335	39	6	11	22
HARRY'S PBJ	586	324	36	15	268	57	15	11	17
NUTTER BUTTER	418	126	14	4	282	59	8	6	20
PINK PARADISE	405	63	7	5	151	80	11	44	7
SWEET GREEN	341	126	14	3	98	53	9	24	8
THE WORKS	560	252	28	7	222	71	14	18	14
VERY BERRY	350	189	21	6	68	37	12	19	8
GRANOLA									
PLAIN	130	45	5	4	130	19	2	7	3
GRAIN FREE	170	108	12	4	105	10	3	6	6
SMOOTHIES									
BERRY BLAST	201	54	6	2	266	26	7	13	13
BLUEBERRY MUFFIN	311	117	13	1	138	46	9	8	8
CLOUD 9	429	153	17	6	345	54	9	2	20
COFFEE CLIMB	391	198	22	6	162	36	11	3	20
DOLCE	551	198	22	7	436	63	9	2	32
GREEN GIANT	250	27	3	0	175	58	6	32	5
HARRY'S PBJ	249	108	12	2	217	32	5	6	7
LIL MISS PINK	298	63	7	1	153	60	5	24	6
NUT BUTTER BLUSH	319	117	13	4	340	35	6	2	18
SUNSHINE STATE	176	18	2	1	70	41	8	20	4
PINK DRINK	235	36	4	3	44	48	5	30	3
FRESH PRESSED JUICE									
GREEN GLOW	129	9	1	0	185	28	5	15	7
OCEAN BREEZE	152	0	0	0	6	38	1	29	1
GINGER ZING	151	9	1	0	68	36	1	23	2
TICKLED PICKLE	159	9	1	0	98	36	3	22	5
IMMUNITY INGNITE	185	9	1	0	10	45	1	37	1
COFFEE + PROTEIN BLENDS									
CASHEW CREAM COFFEE	107	36	4	1	23	16	1	1	2
REGULAR COFFEE	2	0	0	0	5	1	0	0	0
PEANUT BUTTER COFFEE	148	81	9	2	85	14	2	2	5
KIDS MENU									
BABY BLUE	127	0	0	0	36	32	4	5	3
BEACH BABE	134	9	1	1	13	29	4	12	2
SWEETIE PIE	126	9	1	0	34	31	5	2	2
SUGAR COOKIE	187	63	7	1	70	27	4	2	8
STRAWBERRY BANANA	159	27	3	0	52	31	4	1	6
HARRY'S PBJ	206	99	11	2	171	23	5	2	7
PLAIN WAFFLES	85	18	2	0	109	14	2	1	2
PBJ WAFFLES	167	45	5	1	133	27	4	9	4
KIDS AVOCADO TOAST	92	27	3	0	223	14	2	1	3
WRAPS									
CAESAR SUPREME	479	261	29	20	1137	36	4	1	12
MAC DADDY	729	459	51	13	1567	48	8	11	24
SOUTHWEST SIZZLE	848	558	62	9	1286	60	13	9	23
MINI WAFFLES									
STRAWBERRY HAZE WAFFLES	381	153	17	2	158	54	6	29	9
BANANA NUT WAFFLES	520	315	35	8	146	49	6	23	11
OG WAFFLES	434	153	17	11	156	68	6	32	6
BREAKFAST SANDWICHES									
SWEET POTATO, EGG & CHEESE	658	243	27	10	1502	82	9	18	23
PESTO, EGG & CHEESE	612	351	39	11	1388	44	4	2	23
SPICY EGG & CHEESE	537	234	26	9	1461	57	4	14	22
AVOCADO TOAST (SERVED ON SOURDOUGH BREAD)									
ALL THE THINGS	176	72	8	1	500	22	5	1	5
THE SIMPLE FIX	246	126	14	8	570	25	4	3	5
MEDITERRANEAN	425	288	32	10	800	30	5	6	6
CHILI CRUNCH	306	180	20	2	790	30	4	5	4

DID YOU KNOW?
All sugar found in our food comes naturally from fruits and not from any chemicals or additives? this sugar won't SPIKE your blood sugar or have negative impacts on your health like refined sugar does.

DID YOU KNOW?
Our Smoothie bowls are a great way to enjoy more fruits and veggies in your diet. each is high fiber & packed with nutrients.

NEW!
Add your choice of Granola

DID YOU KNOW?
Drinking smoothies regularly helps with weight management, gut health, detoxification, muscle recovery, immune support and more!

DID YOU KNOW?
Protein in our food comes from nuts, seeds, beans, veggies and more. You can even add a scoop of flavorless protein to any bowl or smoothie for an extra 20 grams

DID YOU KNOW?
Juice really does help to detox the body. Fresh pressed fruits and root veggies like carrot and ginger bind toxins in your gut and help flush them out of your system.

DID YOU KNOW?
Science says that if little ones eat fruits & veggies at a young age, they are more likely to enjoy them for the rest of their lives!