

shakes

classicshakes

chocolate frosty

wendy has nothing on us

vanilla thrilla

a classic for a reason

cookies n' cream

need we say more?

shake your coffee

vanilla or chocolate protein, extras available

specialtyshakes

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

exoticshakes

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

greens&veggies

matcha mentality

green tea matcha, vanilla protein

greens to go

spinach, banana, pineapple, oj, protein

carrot cake

cinnamon, banana, carrot juice, vanilla protein

organic supershake

organic superfood, banana, vanilla protein, peanut butter

shakeyoursmoothie

choose a liquid & two fruits

balanced with protein

bowls

scoopedbowls

rawcaí

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

raw-pb

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

the buzz bowl

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

buildyourbowl

scooped acai base

3 scoops of organic acai

choose four toppings

banana | blueberry | strawberry | cinnamon | almonds
chia | bee pollen | dark chocolate | granola | greek yogurt
peanut butter | coconut flakes | chia seed pudding

blendedbowls

original acai bowl

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

pb&a

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

dragon bowl

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

make it
yourway

make it a bowl

almond milk or oat milk

almond butter

creatine

100% plant protein

bevs

pourover

coldbrew

add protein, matcha or cinnamon

green tea matcha

add protein

all shakes, bowls, craft your cup & protein balls come with organic agave nectar
any of our products may contain allergens including peanuts & tree nuts



bites

proteinballs

chocolate chip cookie dough

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

magic matcha

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

brownie batter

plant chocolate protein, peanut butter, oats, chia

wholewheatwraps*

whole wheat tortillas with a variety of healthy ingredients

turks & 'matoes | rubi's tuna salad | veggie delight

all wraps come with your choice of sauce!

craftyourcup

classic oatmeal overnight oats

warm & hearty soaked in oat milk

chia seed pudding greek yogurt

soaked in almond milk with a hint of vanilla

choose four toppings

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

smarttoast*

peanut butter toast

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

almond butter toast

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

avocado toast

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

hummus toast

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

(spicy) tuna toast

organic whole grain bread, tuna, carrot, onion, celery, swiss cheese, choice of habanero or white wine dijon mustard, himalayan sea salt



*available only at select locations