

PROTEIN SMOOTHIES

DAIRY FREE | GLUTEN FREE 16 OZ \$10 24 OZ \$12

GOOD MORNING

coconut milk, banana, granola, almond butter, coffee, chocolate protein.

MACA MADNESS

alkaline water, banana, almond butter, medjuul date, maca root, chocolate protein.

KALE COLADA

coconut water, pineapple, mango, kale, coconut extract, vanilla protein.

ACAÍ BERRY BLISS

coconut water, mixed berries, banana, Açaí, vanilla protein.

BETTER THAN BOTOX

coconut water, strawberries, pineapple, beetroot, collagen, mint, vanilla protein.

COCONUT ISLAND

coconut water, banana, pineapple, coconut extract, vanilla protein.

BERRY BLAST

almond milk, mixed berries, spinach, banana, vanilla or chocolate protein.

LEAN GREEN

almond milk, almond butter, spinach, kale, vanilla protein.

MANGO TWIST

mango, strawberry, pineapple, coconut water, vanilla protein.

TURMERIC MANGO

coconut milk, mango, pineapple, turmeric, ginger, vanilla protein.

MINT CHIP

coconut milk, banana, spinach, peppermint extract, raw cacao nibs, vanilla protein.

PURE BUZZ

almond milk, banana, coffee, cinnamon, chocolate protein.

BLUE MAJIK

coconut water, pineapple, banana, blue spirulina, vanilla protein.

CHOCOBERRY

almond milk, mixed berries, almond butter, chocolate protein.

MUSCLE UP

almond milk, banana, almond butter, protein, L-glutamine.

RASPBERRY FLAX

raspberry, banana, flax seed, honey, almond milk, vanilla protein.

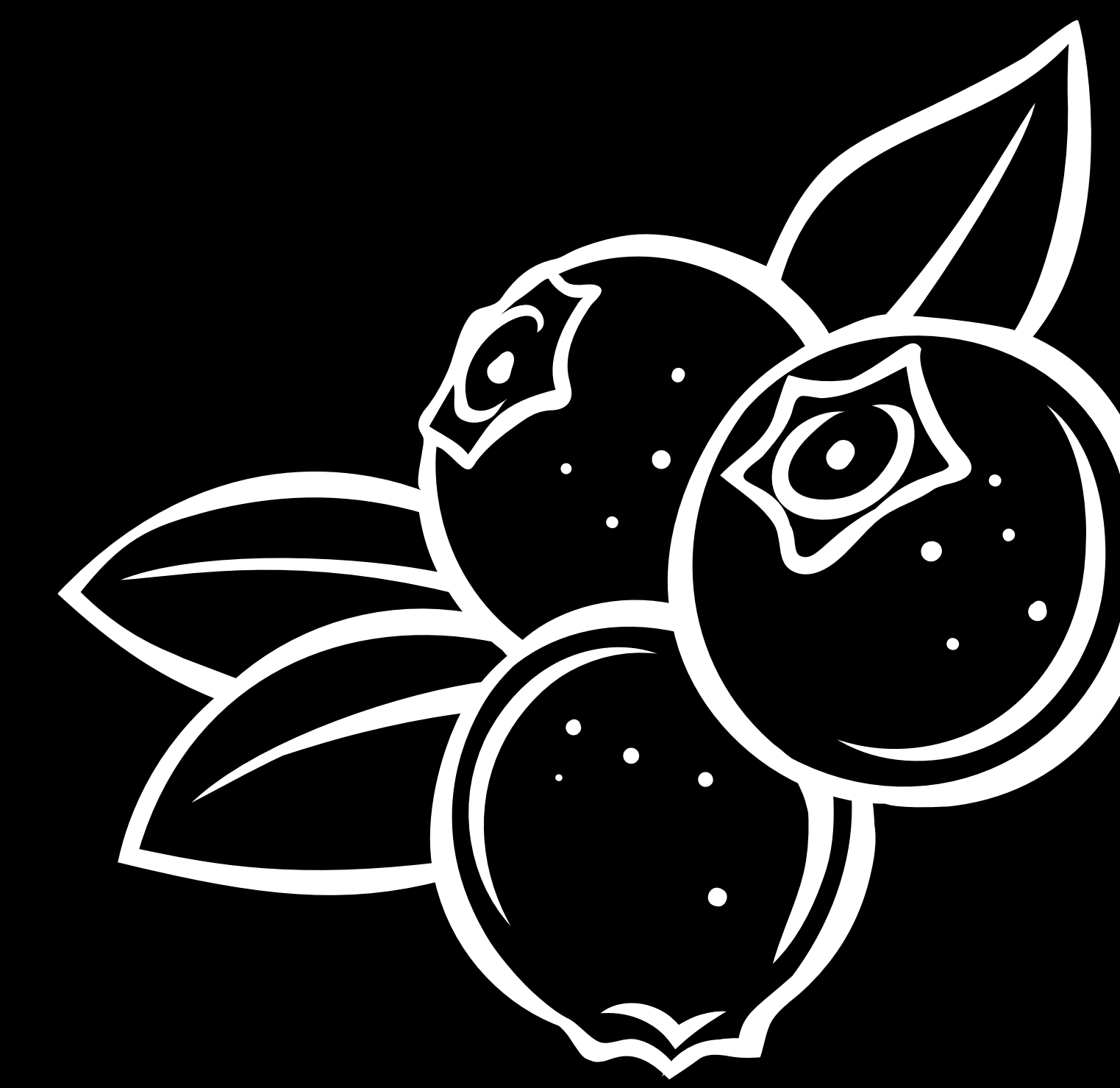
JUST PROTEIN \$7

almond milk, protein powder, ice.

SMOOTHIE ADD-ON'S

Extra protein, L-Glutamine, Creatine, Almond butter, Extra fruit/veg, MCT, Collagen, Ashwagandha

\$2



ACAÍ BOWLS

organic, vegan Açaí, topped with locally made, gluten-free organic granola, raw cacao nibs, coconut flakes, banana slices; drizzled with local honey.

ADD: ALMOND BUTTER \$2

SM. \$18 REG. \$20

OTHER SNACKS

POWER COOKIES

OATMEAL CUPS

PEANUT BUTTER GRANOLA BARS

BROOKIES

PROTEIN DOUGHNUTS

[WHEY OR PLANT PROTEIN POWDER INCLUDED IN EVERY SMOOTHIE]