

# SMOOTHIES + BOWLS

DAIRY FREE NO ADDITIVES NO ADDED SUGARS | ONLY WHOLEFOOD GOODNESS

16 OZ \$9 24 OZ \$10

## MACA MADNESS

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

## KALE COLADA

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

## PURE BUZZ

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

## BETTER THAN BOTOX

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

## COCONUT ISLAND

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

## WHEY OR PLANT-BASED PROTEIN POWDER.

## CITRUS BREEZE

coconut water, orange, lime, mango, strawberry, vanilla protein.

## MANGO TWIST

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

## BERRY BLAST

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

## TURMERIC SUNRISE

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

## MINT CHIP

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

## RASPBERRY FLAX

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



## ADD-ON'S:

EXTRA PROTEIN SCOOP  
ALMOND BUTTER  
EXTRA FRUIT/VEG  
BCAA  
MCT OIL \$2  
ACAI POWDER  
L-GLUTAMINE  
COLLAGEN  
ASHWAGANDHA

## AÇAÍ BOWL

\$14

Mixed berries, banana, açai powder, almond milk. Topped with locally sprouted grain-free granola, raw cacao nibs, fresh banana, drizzled with sprouted almond butter or local honey.

## BLUE MAJIK BOWL

\$14

Pineapple, banana, coconut water. Topped with locally sprouted grain-free granola, raw cacao nibs. Drizzled with sprouted almond butter or local honey.

ADD: ALMOND BUTTER OR PROTEIN POWDER \$2