classic shakes
regular 4.75  large +1.5
chocolate frosty
wendy has nothing on us
vanilla thrilla
the bean that gets you lean!
cookies n’ cream
need we say more?

specialty shakes
regular 5.25  large +1.5
banana split
strawberry, banana, chocolate protein
strawberry fields
strawberry, vanilla protein
p-b 2
banana, chocolate protein, peanut butter
grammy’s goods
cookies n’ cream protein, peanut butter
cold brew coffee
shake your coffee 4.75  +1.5
vanilla or chocolate protein, extras available
cold brew 3.25
black or with choice of milk
greens & veggies

green tea matcha 5.25  +1.5
green tea matcha, vanilla protein
greens to go 5.75  +1.5
spinach, banana, pineapple, oj, protein
carrot cake 5.75  +1.5
cinnamon, banana, carrot juice, vanilla protein
organic supershake 6.25  +1.5
organic superfood, banana, vanilla protein, peanut butter

exotic shakes
regular 5.75  large +1.5
a perfect 10
blueberry, banana, vanilla protein, peanut butter
açaí energy
açaí, banana, vanilla protein, peanut butter
chocolate covered strawberry
strawberry, açaí, chocolate protein
breakfast to go
strawberry, pineapple, açaí, oj, vanilla protein
mea aloha
pineapple, banana, açaí, apple juice, protein
fruitopia
strawberry, banana, açaí, apple juice, protein
shake your smoothie
regular $5.75  large $1.75

choose a liquid
apple juice | orange juice

choose two fruits
strawberry | banana | blueberry
pineapple | acai | pitaya

balanced with protein

acaibowls

original acai bowl 6.75
organic acai, strawberry, apple juice, protein,
topped with granola, coconut flakes, and banana slices

pb&a 6.75
organic acai, peanut butter, almond milk, protein,
topped with granola, cacao, and banana slices

rawçai 6.75
scoops of organic acai, strawberry, topped with granola, banana slices, chia, and coconut flakes

raw-pb 6.75
scoops of organic acai, topped with granola, banana slices, cacao, and peanut butter

all natural sandwiches

peanut butter 3
on whole wheat thin bread with bananas

almond butter 4
on whole wheat thin bread with bananas

wholly oatmeal

berries n’ cream 3.5
oats, strawberry, vanilla greek yogurt

pb&b 3.5
oats, banana slices, peanut butter

toasted coconut cream 3.5
oats, coconut flakes, sliced almonds, vanilla greek yogurt

chocolate chip banana bread 3.5
oats, banana slices, cacao, cinnamon
(add protein) 1.5
a flavor of your choice

pitaya

pink cadillac 5.75  |  +1.5
pitaya, pineapple, oj, vanilla protein

dragon bowl 6.75
pitaya, pineapple, oj, vanilla protein, topped with granola, chia seeds, and coconut flakes
make it your way

make it a bowl +1
with granola and banana slices on top

almond milk or soy milk +2.25
instead of low fat/non fat

almond butter +.5
for any peanut butter shake

organic plant protein +1
in place of whey protein

soy protein
in place of whey protein

organic superfood +1
vitamins + daily greens + promotes immunity

vanilla greek yogurt +.5
probiotics + protein + digestive health

oats +.25
whole grains + fiber + sustained energy

spinach +.25
calcium + iron + strong bones

coconut flakes +.25
quality fats + iron + promotes metabolism

chia seeds +.25
omega 3’s + fiber + promotes satiety

cacao +.25
antioxidants + iron + positive mood
- contains dairy -

any of our products may contain allergens, including peanuts and tree nuts

egg white breakfast wraps
only served until 9:30 am

green eggs & turkey 6.25
eggs, turkey, pesto, spinach, swiss

southwest turkey 6.25
eggs, turkey, habanero mustard,
sun dried tomatoes, onion, swiss

sunrise veggie 6.25
eggs, hummus, onion, sun dried tomatoes,
spinach, swiss

(get it unwrapped)
turn any wrap into a breakfast bowl

whole wheat signature wraps

bbq turkey 7.5
turkey, bbq sauce, spinach, onion, provolone

turkey pesto 8
turkey, pesto, spinach, onion, sun dried tomatoes, swiss

spicy tuna 8
tuna, habanero mustard, onion, spinach, swiss

veggie delight 7.5
spinach, dijon mustard, hummus, sun dried
tomatoes, artichoke, cucumber, swiss

cran-turkey 7.5
turkey, cranberry mustard, spinach, onion, provolone