

shakes

classicshakes^{reg 6.45} lrg +1.5

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^{reg 7.45} lrg +1.5

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^{reg 7.95} lrg +1.5

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

make it your way

make it a bowl⁺¹

with granola & banana slices on top

almond or oat milk⁺⁵

instead of low fat/non fat

almond butter⁺⁵

for any peanut butter shake

creatine⁺¹

100% premium creatine monohydrate

100% plant protein^{+1.5}

in place of whey protein

greens&veggies

matcha mentality^{7.45}^{+1.5}

green tea matcha, vanilla protein

greens to go^{7.95}^{+1.5}

spinach, banana, pineapple, oj, protein

organic supershake^{7.95}^{+1.5}

organic superfood, banana, vanilla protein,
peanut butter

shakeyoursmoothie^{reg 7.45} lrg +1.5

choose a liquid

apple juice | orange juice

choose two fruits

strawberry | banana | blueberry

pineapple | acai | pitaya

balanced with protein



Scan for
Meal
Block
Options



all shakes, bowls, craft your cup, cold brew &
protein balls come with organic agave nectar

any of our products may contain allergens
including peanuts & tree nuts

bowls

9.45 scooped bowls

rawçaí

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



bevs

pourover

coldbrew 4.75

add protein, matcha or cinnamon

salted pistachio cold brew 6.95

vanilla protein, himalayan sea salt, pistachio extract, crushed pistachios

green tea matcha 5.45

add protein

9.45 blended bowls

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

9.95 build your bowl

scooped acai base

3 scoops of organic acai

choose four toppings

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

bites

4.25 proteinballs

chocolate chip cookie dough

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

birthday cake

cookies n' cream protein, peanut butter, oats, cake batter extract, all natural sprinkles

salted pistachio

vanilla protein, peanut butter, pistachio extract, himalayan sea salt, oats, crushed pistachios

brownie batter

plant chocolate protein, peanut butter, oats, chia

smarttoast

peanut butter toast 5.25

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

almond butter toast 5.75

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

avocado toast 6.25

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

craftyourcup

classic oatmeal 4.95

warm & hearty

overnight oats 5.25

soaked in oat milk

greek yogurt 5.75

with a hint of vanilla

chia seed pudding 5.75

soaked in almond milk

choose four toppings

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

toppings available will vary depending on base



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