

classicshakes

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?

specialtyshakes

regular 5.25 large +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

coldbrewcoffee

shake your coffee 4.75 | +1.5

vanilla or chocolate protein, extras available

coldbrew 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

exoticshakes

regular 5.75 large +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

shakeyoursmoothie

regular 5.75 large +1.5

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

allnaturalsandwiches

peanut butter 3

on whole wheat thin bread with bananas

almond butter 4

on whole wheat thin bread with bananas

whollyoatmeal

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) +.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

makeityourway

make it a bowl +1

with granola and banana slices on top

almond milk or soy milk +.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

eggwhite breakfastwraps

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

wholewheat signaturewraps

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