



Smoothie bowls \$10.50

Ocean bowl blue spirulina, pineapple, mango, strawberry, blueberry, granola, agave nectar **390 cal.**



Classic bowl strawberry, blueberry, acai berry, banana, granola, coconut, agave nectar **510 cal.**

Protein bowl the classic bowl with peanut butter blended in **680 cal.**



Amazon bowl pineapple, mango, banana, strawberry, blueberry, granola, coconut, agave nectar **390 cal.**



Pitaya bowl pineapple, dragon fruit, banana, strawberry, blueberry, granola, coconut, agave nectar **390 cal.**



Superfood Smoothies \$10.50



Oceanside

plant protein, banana, strawberry, blueberry, agave, coconut water **344cal.**



Tropi-colada

spinach, pineapple, banana, coconut water, almond butter, chia seed **287cal.**



Muscle up

plant protein, almond butter, peanut butter, agave, coffee, almond milk, banana **349cal.**



Awesomeness

raw cacao, almond butter, agave, cinnamon, banana, almond milk **305 cal.**



Carmel super hero

spinach, plant protein, hemp seed, agave, blueberry, banana, coconut water **473 cal.**



Jazz hands

banana, plant protein, agave, almond milk, coffee **300 cal.**



Banana berry blast

strawberry, pineapple, banana, agave, coconut water **290 cal.**



Golden state

pineapple, banana, agave, coconut water **290 cal.**



Pebble beach

granola, peanut butter, agave, vanilla, cinnamon, banana, almond butter **329 cal.**