



# SUPERFOOD SMOOTHIES

100% Organic + Made-To-Order

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## SMOOTH 01

16oz \$11.50

avocado + spinach + banana + peanut butter + coconut nectar + maca -- blended w/ house almond milk

## SMOOTH 02

16oz \$10.50

pineapple + banana -- blended with coconut milk + topped with coconut flakes + house strawberry drizzle (strawberry + orange + lemon)

## SMOOTH 03

16oz \$10.50

mango + banana + spinach + mint + parsley -- blended w/ house orange juice + coconut milk

## SMOOTH 04

16oz \$10.50

strawberry + banana + peanut butter + flax -- blended w/ house almond milk + topped with gf granola

## COLD BUSTER

16oz \$10.50

mango + pineapple + ginger + cinnamon + coconut milk + house orange juice

## PITAYA CLOUD

16oz | \$10.50

pitaya + pineapple + coconut milk + lime + coconut nectar  
topped with our house coconut cream

## B.F.C BAY FOOTBALL CLUB SMOOTHIE

16oz | \$11.50

avocado + banana + blue majik + peanut butter + coconut nectar -- blended w/ house almond milk

## ADD-ONS

\$.50 each | chia seeds | flax | maca | gf granola | blue spirulina | spinach | kale | almond butter | peanut butter | sun butter |  
fresh ginger | coconut cream  
(\$.75) each | vegan protein powder

*\*please note: to ensure top quality products, we do not make modifications to the frozen produce in our smoothies. Milks, nut butters + add ons can all be modified.*





# SMOOTHIE BOWLS

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## HOUSE MAJIK BOWL

\$11.99

**BASE:** strawberry + banana + blue majik -- blended w/ house almond milk

**TOPPING:** banana + seasonal fruit + gf granola + peanut butter + coconut nectar + coconut flakes

## HOUSE ACAI BOWL

\$11.49

**BASE:** acai + blueberries + banana + strawberries -- blended w/ coconut water

**TOPPING:** seasonal fruit + coconut chips + gf granola + coconut nectar

## TRAIL BLAZER BOWL

\$11.99

**BASE:** acai + blueberries + banana + strawberries -- blended w/ coconut water

**TOPPING:** banana + gf granola + peanut butter + pumpkin seeds + coconut nectar

## POWER BOWL

\$11.99

**BASE:** 1/2 house chia pudding, 1/2 smoothie base of your choice (blue majik or acai)

**TOPPING:** banana + gf granola + almond butter + chopped raw almonds + seasonal fruit + coconut nectar

## TOPPING ADD-ONS

\$.50 each | chia seeds | flax | gf granola | almond butter | peanut butter | sun butter | chopped raw almonds | pumpkin seeds | cacao chips | coconut cream | bananas | seasonal berries | tropical fruit

*\*please note: to ensure top quality products, we do not make modifications to the base ingredients in our smoothie bowls.. All toppings can be modified.*

