

BOWLS

100% Organic Acai or Pitaya Bowls

THE O.G RIO - \$9.00

Acai topped with granola, banana & local honey.

THE CHĒBA BOWL - \$9.50

Acai topped with granola, banana, pineapple, strawberry, seasonal berries, hemp seeds, shaved coconut & local honey.

MELLOW MOOD - \$9.50 // GLUTEN FREE

Acai mixed with coconut oil, topped with pear, seasonal berries, pineapple, hemp seeds, chia seeds, bee pollen & local honey.

THE CANDIED APPLE - \$9.50

Acai mixed with peanut or almond butter. Topped with granola, granny smith apple, strawberries, chopped peanuts & local honey.

CANNON BOWL - \$9.50

Acai topped with granola, banana, strawberries, chia seeds & local honey.

PURPBOWL - \$9.50

Acai mixed with peanut or almond butter. Topped with granola, banana, cacao nibs, hemp seeds & local honey.

SUNNY HOPE - \$9.50 // GLUTEN FREE

Pitaya blended with banana, topped with pineapple, pear, grapes, kiwi, shaved coconut, chia seeds & local honey.

* Any Acai Bowl can be substituted for Pitaya or made Gluten Free.

ASK ABOUT OUR SMOOTHIE BOWLS

Add-On's - \$0.50 each

Protein (Chocolate or Vanilla)

Peanut or Almond Butter

Hemp Seeds

Chia Seeds

Flax Seeds

Shaved Coconut

Coconut Oil

Cinnamon

Cacao Nibs

Goji Berries

Mulberries

Turmeric

Matcha

Maca

Spirulina

GLUTEN FREE

GRANOLA \$1.00

COLD PRESSED JUICES

Nature's Medicine

GREEN MEDICINE - \$10.25

Kale, spinach, cucumber, celery, pear, ginger parsley & lemon.

JUNGLE JUICE - \$9.00

Kale, apple & lemon.

SWEET SENSI - \$9.25

Strawberry, pineapple, orange, ginger & chia seeds.

AIDAN'S FAVORITE - \$9.00

Mango, kale & pineapple.

SKINNY DIPPER - \$9.25

Orange, pear, beet, mint & lime.

THE DETOX - \$8.25

Water, lemon, cayenne & maple syrup.

RISE N' SHINE - \$9.00

Carrot, orange & pear.

ALMOND MILK - \$10.25

Almonds, dates, water, sea salt & vanilla.

CHOCOLATE ALMOND MILK - \$10.25

Almonds, dates, water, sea salt & cacao.

FL. OJ - \$5.25

100% Orange juice.

SIP OF THE SEASON - \$10.00

An evolving seasonal juice.

SHOTS

100% Organic

WHEATGRASS - \$4.25

2 oz. Fresh Squeezed, 100% Organic.

GINGER WITH LEMON - \$5.25

2.5 oz. Fresh pressed ginger root and lemon, 100% Organic.

E3 LIVE - \$5.25

2.5 oz. Blue-Green Algae & Filtered Water.

GRAPEFRUIT, GINGER, & LIME - \$5.25

TOAST OPTIONS

BLUEBERRY JAMMER - \$8.75

Vegan 7 grain toast, baked locally, almond butter, homemade blueberry preserves, local honey.

ROASTED RED'S HUMMUS - \$9.00

Vegan 7 grain toast, baked locally, roasted red pepper hummus, pickled jalapenos, tomatoes, avocado, sprouts, goat cheese, hot sauce.

CHICKPEA SALAD - \$9.25 W/ SMOKED ALMONDS

Vegan 7 grain toast, baked locally, chickpeas, avocado, red onion, dill, celery, smoked almonds, spinach, tomatoes, spicy mustard, hot sauce.

RAWVOCADO - \$6.25

Toasted Ezekiel bread, avocado, cucumber, tomato & sprouts. Served with a side of Asian Sesame dressing.

THE BILLY BLACK - \$6.25

Toasted Ezekiel bread, almond or peanut butter, banana, granola & honey.