

BREAKFAST
from the

BAR

Bowls 11

Wild Blueberry

banana, coconut yogurt, almond milk, coconut flakes, vanilla protein powder, frosted berries, kiwi, cocoa nibs, micro mint, bee pollen

Acai Berry

banana, greek yogurt, coconut water, berries, kiwi, mango, papaya, toasted coconut, house made granola

Greek Yogurt

house-made granola, house-made puree

Pitaya

fresh frozen banana-strawberry-mango, cranberry juice, frosted berries, kiwi, bee pollen, shaved coconut

Spirulina

fresh frozen banana-blueberries, spinach, kale, flax seed, chia seed, almond milk, blueberries, hemp protein, coconut flakes, dragon fruit, edible flora

Smoothies 8

Blended Detox Elixir

cucumber, spirulina, apple, spinach, fresh lime juice, almond milk, bee pollen

Green Good-ness

kale, spinach, avocado, cucumber, apple, banana, pineapple, coconut water, mango

Purple Power

acai pulp, pineapple, mango, strawberry, orange juice, blueberry, coconut water

Pudding Pots 12

Green

fresh mango, vanilla-coconut chia seed pudding, matcha-owheatgrass smoothie, fresh mango, shaved coconut

Fuschia

fresh market berries, honey-vanilla chia seed pudding, pitaya smoothie, frosted berries

Pink

market berries, cinnamon-chocolate chia seed pudding, raspberry smoothie, frosted berries, edible flora

Toast 9

Avocado Detox

omega 3 bread, tahini, chia seeds, kale tapenade, cracked black pepper

Caprese

smashed avocado, tomato, mozzarella, balsamic glaze, micro basil

Peanut Butter and Strawberry Preserve

multigrain toast, house made granola

*add egg to any of the above at \$5

