

BREAKFAST  
from the

**BAR**

**Bowls 11**

***Wild Blueberry***

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

***Acai Berry***

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

***Greek Yogurt***

house-made granola,  
house-made puree

**Smoothies 8**

***Blended Detox Elixir***

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

***Green Good-ness***

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

***Purple Power***

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

**Overnight Oats 12**

***Pecan Pie***

maple pecans, coconut chips,  
vanilla almond milk,  
pomegranate seeds

***Apple Pie***

house-made granola,  
spiced green apple compote,  
vanilla whey

***Sweet Potato Pie***

spiced sweet potato puree,  
soy vanilla chia oats, pumpkin  
seeds, pomegranate seeds  
baked meringue

**Toast 9**

***Avocado Detox***

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

***Caprese***

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

***Savory French Toast***

braided challah dipped in egg  
custard, mashed avocado,  
roasted heirloom tomato slice,  
goat cheese

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

