

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

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

Overnight Oats 12

Matcha

almond milk, kiwi, coconut,
house-made granola,
raspberries

Vanilla Hemp

pitaya smoothie, honey chia
pudding, granola, strawberries,
almond butter

Coconut Cardamom

mango, greek yogurt, banana
poppy seed yogurt, granola,
untoasted coconut chips

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

