

SMOOTHIE YOUR WAY

13.00

STEP 1

CHOOSE YOUR NUTRITION

MIXED BERRIES
PINEAPPLE
STRAWBERRIES
BANANA
BLUEBERRIES
MANGO
SPINACH
KALE

STEP 2

CHOOSE YOUR MIXER

ALMOND MILK
FULL CREAM MILK
COCONUT WATER
SOY MILK
FILTERED H2O
SKIM MILK

STEP 3

SUPER FOOD YOUR SMOOTHIE

CHIA SEEDS
DATES
OATS
HEMP SEEDS
COCONUT FLAKE

STEP 4

SWEETEN IT UP

HONEY
CINNAMON
CACAO
ALMOND BUTTER
PEANUT BUTTER

ADD BOOSTERS

/

ADD POWDERS +1.00

+1.00

MCT OIL
COYO
COLLAGEN
ORGANIC
COCONUT
CREAM

+2.00

ESPRESSO
COLLAGEN
PROTEIN
VEGAN PROTEIN
TROPICAL SEAMOSS
NATURAL SEAMOSS
BERRY SEAMOSS

MACA
SPIRULINA
MESQUITE
LUCUMA

GOOD THINGS ARE MADE HERE



HOUSE SMOOTHIES

13.00

GREENIE

V / GF

BANANA, SPINACH, MANGO, STRAWBERRIES, PASSION FRUIT, CHIA SEEDS, ORGANIC MACA, ALMOND MILK, ICE

PASSION MANGO

V / GF

BANANA, MANGO, PASSION FRUIT, ORGANIC HEMP SEEDS, ORGANIC MESQUITE, ALMOND MILK, ICE

CHOC NUTTER

V / GF

BANANA, BLITZ NATURAL PEANUT BUTTER, NATURAL CACAO, CACAO NIBS, ORGANIC MACA, ALMOND MILK, ICE

POWER SMOOTHIES

14.00

GREEN GODDESS

GF

BANANA, KALE, SPINACH, FRESH MEDJOOL DATES, PROTEIN, ORGANIC COCONUT CREAM, ORGANIC HEMP SEEDS, ORGANIC SPIRULINA, COCONUT WATER, ICE

BLUEBERRY BLISS

GF

BANANA, BLUEBERRIES, PROTEIN, BLITZ NATURAL PEANUT BUTTER, FRESH MEDJOOL DATES, CHIA SEEDS, ORGANIC LUCUMA, ALMOND MILK, ICE

COOKIE DOUGH

GF

BANANA, COOKIES & CREAM PROTEIN, GLUTEN-FREE ORGANIC OATS, CACAO NIBS, CINNAMON, ALMOND MILK, ICE

TROPICAL SUNSET

V / GF

MANGO, PINEAPPLE, COLLAGEN, ORGANIC COCONUT CREAM, TROPICAL SEA MOSS, COCONUT WATER, ICE

BERRY GLOW

GF

MIXED BERRIES, BANANA, COLLAGEN, CHIA SEEDS, FRESH MEDJOOL DATES, BERRY SEAMOSS, ORGANIC COCONUT CREAM, ORGANIC MACA, ALMOND MILK, ICE

KIDS SMOOTHIES

7.00

BANANA BANG

GF

BANANA, CINNAMON, HONEY, ALMOND MILK, ICE

BERRYLICIOUS

GF

MIXED BERRIES, CHIA SEEDS, HONEY, COCONUT WATER, ICE

GOOD THINGS ARE MADE HERE

