

SIMPLE

**STRAWBERRY SHAKE** // regular: 7.99 | large: 9.99

cold-pressed apple juice, strawberries + bananas

**SHROOMY** // regular: 8.49 | large: 10.49

almond milk, bananas, cacao powder, mushroom blend + peanut butter

**SUMMER SUN** // regular: 8.49 | large: 10.49

cold-pressed pineapple juice\*, peaches, mangos, lemon + mint

PROTEIN

**BANANA BUTTER** // regular: 8.99 | large: 10.99

almond milk, bananas, almond butter, peanut butter, cinnamon, hemp + flax seeds, dates

**SUPERNOVA** // regular: 9.99 | large: 11.99

cold-pressed pineapple juice, mango, peaches, pitaya, collagen boost, maca, flax, turmeric, lemon + lime

**NO BREAD** // regular: 8.99 | large: 10.99

cold-pressed apple juice, strawberries, blueberries, bananas, 2x pea protein, peanut butter, flax seeds

**DARK MAGIC** // regular: 8.99 | large: 10.99

almond milk, bananas, dark cherries, cacao powder, almond butter, vanilla, pea protein

**SHREDDER** // regular: 9.99 | large: 11.99

oat milk, dark cherries, avocado, blackberries, beet, bananas, 2x cacao nibs, 2x pea protein, peanut butter

ENERGY

**BULLETPROOF** // regular: 8.99 | large: 10.99

cold-brew coffee, bananas, cacao nibs, coconut oil, hemp seeds, walnuts, cinnamon, vanilla

**BERRIES+THE BEES** // regular: 9.99 | large: 11.99

almond milk, blackberries, strawberries, cherries, almond + peanut butters, ginseng, maca, bee pollen, honey

**LIQUID LIGHTNING** // regular: 9.49 | large: 11.49

oat milk, bananas, blue spirulina, dates, cashew butter, maca, guarana

**SUPERSEED** // regular: 9.99 | large: 11.99

cold-pressed apple juice, strawberries, dark cherries, beets, peanut butter, flax, chia, pumpkin + hemp seeds, pea protein

GREEN

**GODDESS** // regular: 8.99 | large: 10.99

coconut water, bananas, almond butter, cacao nibs, chia seeds, vanilla, spinach + kale

**BENJAMIN BUTTON** // regular: 9.49 | large: 11.49

cold-pressed pineapple juice, coconut water, mangos, bananas, matcha, spinach, coconut oil, lemon, collagen boost

**THE BU** // regular: 9.99 | large: 11.99

almond milk, bananas, cacao nibs, hemp protein, chia seeds, spirulina, dates, maca, cinnamon, cashew butter

**GINGER GREEN** // regular: 9.49 | large: 11.49

coconut water, cold-pressed pineapple juice, mangos, peaches, spinach + kale, pea protein, ginger, mint

*\*our cold-pressed juice is house made and super fresh + unpasteurized, and therefore could contain potentially harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems*

SUPERFOOD BOWLS

**THE PRO** // 11.49

*blended:* almond milk, açai, bananas, blueberries, peanut butter, pea protein

*on top:* gluten-free granola, sliced bananas, local honey, cinnamon, crushed almonds, peanut butter

AÇAI

**HANALEI** // 11.99

*blended:* almond milk, açai, bananas, blackberries, strawberries, almond butter

*on top:* gluten-free granola, macadamia nuts, puffed brown rice, bananas, hemp seeds, local honey, almond butter

**ALOHA** // 11.49

*blended:* cold-pressed pineapple juice, açai, bananas, mangos, pineapples, coconut oil

*on top:* gluten-free granola, sliced strawberries, sliced bananas, local honey, coconut flakes, goji berries

PITAYA

**PRE-GAME** // 11.49

*blended:* almond milk, pitaya, bananas, strawberries, pea protein, green coffee bean, almond butter

*on top:* gluten-free granola, sliced strawberries, local honey, cacao nibs, almond butter

**BC** // 11.99

*blended:* oat milk, pitaya, bananas, strawberries, cherries, almond butter, pea protein, flax seeds, beet, cinnamon

*on top:* gluten-free granola, sliced bananas, chia seeds, 2x peanut butter, hemp seeds, local honey, cashews

SPECIALTY

**SOBRO** // 10.99

*blended:* almond milk, bananas, cacao nibs, peanut butter

*on top:* gluten-free granola, sliced strawberries, local honey, chia seeds, cacao nibs, crushed pecans, local bee pollen

**BLUE BAE** // 11.99

*blended:* oat milk, bananas, blue spirulina, cashew butter, maca root

*on top:* gluten-free granola, strawberries, black currants, coconut flakes, hemp seeds, puffed brown rice, cashew butter, local honey

**NOMAD** // 11.99

*blended:* almond milk, bananas, cacao, cinnamon, vanilla, pea protein, peanut butter

*on top:* gluten-free granola, sliced strawberries, local honey, puffed rice, peanut butter, cacao nibs, cacao powder

# COFFEE

- served hot or iced -

**DRIP** // 12 oz. - 3.25 | 16 oz. - 3.50

**ESPRESSO** // 3.50

**CORTADO** // 3.99

**FLATTY** // 4.75

**CAPPUCCINO** // 8 oz. - 4.75

**LATTE** // 12 oz. - 5.25 | 16 oz. - 6.25

**LONG BLACK** or **AMERICANO** // 12 oz. - 3.25 | 16 oz. - 3.99

**COLD BREW** // 16 oz. - 4.50 | 24 oz. - 6.50

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**GOOD DAY SHOT** / espresso, house cashew & oat milk + 15 mg CBD / 2.5 oz. - 5.99

**SUPER MARIO** / drip, espresso + mushroom energy blend / 12 oz. - 5.99 | 16 oz. - 6.99

**WHAT'S SHAKIN'** / iced espresso, coconut sugar, house cashew/oat, cinnamon / 12 oz. - 5.99 | 16 oz. - 6.99

**CARAMEL LATTE** / espresso, house cashew & oat milk + house caramel / 12 oz. - 5.99 | 16 oz. - 6.99

**VANILLA LATTE** / espresso, house cashew & oat milk + house vanilla / 12 oz. - 5.99 | 16 oz. - 6.99

**MUSHROOM CAPP** / vanilla latte + superfood mushroom blend / 8 oz. - 5.50 | 12 oz. - 6.25 | 16 oz. - 7.25

**REISHI MOCHA** / espresso, house cashew & oat milk + house reishi mocha / 12 oz. - 5.99 | 16 oz. - 6.99

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All drinks are 100% plant-based. Our house cashew & oat milk is standard, but alternatives are available.

# TEA

- served hot or iced -

**MATCHA** / matcha, house cashew/oat milk, local honey / 12 oz. - 5.49 | 16 oz. - 6.49

**CHAI** / chai spice blend, house cashew/oat milk + maple / 12 oz. - 5.49 | 16 oz. - 6.49

**GREEN POMEGRANATE** / green tea with sweet + tart flavor notes / 12 oz. - 3.50 | 16 oz. - 3.99

**BRIGHT EYED** / turmeric, ginger + cinnamon tea blend / 12 oz. - 3.50 | 16 oz. - 3.99

**ENGLISH BREAKFAST** / robust loose leaf black tea / 12 oz. - 3.50 | 16 oz. - 3.99

**KAUAI COCKTAIL** / sweet + slightly tart tropical elixir / 12 oz. - 3.50 | 16 oz. - 3.99

**HAPPY** / berry, fruity + light tea with a floral scent / 12 oz. - 3.50 | 16 oz. - 3.99

# ADAPTOGENIC ADD-ONS

**ASHWAGANDHA** // 2.25 - known to reduce effects of mental, physical, and emotional stress\*

**CBD** // 25 mg - 4.00 / anxiety + pain reduction, neuroprotective properties

**PEARL POWDER** // 2.25 - natural collagen production, supports the nervous system, high in minerals

**HE SHOU WU** // 2.25 - immunity, anti-aging, beauty, nourishes hair, skin, nails, sexual center

**PLANT-BASED COLLAGEN BOOST** // 2.00 - natural collagen boost to nourish hair, skin, and nails

**GUARANA** // 1.50 - energy, focus, antioxidants

**MUSHROOM BLEND** // 2.25 - focus, mental clarity, sexual energy, B-vitamins, recovery, memory

**MACA ROOT** // 1.00 - stamina, energy, libido, vitamin C, copper and iron, mood enhancer

**TURMERIC** // 1.00 - potent anti-inflammatory agent, antioxidant

**MORINGA** // 2.00 - wide range of bioavailable nutrients, minerals, and vitamins B, C, D, and E

**CBD** // 25 mg - 4.00 / anxiety + pain reduction, neuroprotective properties

\*statements are not approved by the FDA and are not intended to treat, diagnose, cure or prevent any illness, disease, or condition.

# TOAST

**AVOCADO** // 8.49

local seeded bread baked golden, topped with mashed avocado, Himalayan salt, black pepper, red pepper flakes, crushed cashews and local sprouts

**FIRE FLOUR** // 8.99

local sourdough, mashed avo, local honey, local amaranth sprouts, red pepper, black sesame + cayenne

**FIG** // 8.49

local seeded bread baked golden, layered with coconut oil, almond butter, sliced strawberries, dried figs, hemp seeds and a drizzle of local honey

**BANANALAND** // 8.25

local seeded bread baked golden, layered with peanut butter, sliced bananas, cacao nibs, chia seeds, cinnamon + local honey

\*gluten-free bread is available for \$1 additional - please ask for an ingredient list if you have any allergies

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