

ORIGINAL BOWLS

order original recipes
as a bowl or smoothie

BEACH BUM

banana, pineapple, mango (250c)

REGULAR \$11.95 - +5 toppings

ZEN ZONE

banana, strawberry, blueberry (260c)

HAPPY HIPPIE

banana, strawberry, mango (220c)

OASIS

banana, blueberry, peanut butter (320c)

SUNSET

banana, pineapple, strawberry (220c)

ACAI BOWL

organic acai berry blend (280/400c)

PREMIUM BOWLS

OCEAN BOWL

coconut, pineapple, blue spirulina (180/260c)

PITAYA BOWL

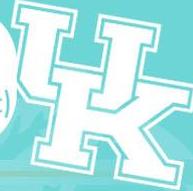
organic raw pitaya blend (270/310c)

REGULAR \$11.95 - +5 toppings

LARGE \$13.95 - +5 toppings

BIG BLUE BOWL

ocean base & coconut blend (190/380c)



toppings

“ pick 5 FREE toppings. after 5 each additional is \$.50 ”

- / granola(180c) / chia seeds(30c) / coconut flakes(130c) / almond flakes(85c) /
- / strawberry(10c) / raspberry(15c) / banana(50c) / blueberry(20c) / kiwi(25c) /
- / pineapple(50c) / cacao nibs(10) / peanut butter(180c) / nutella(150c) / honey(80c) /

toppings

POWER SMOOTHIES

\$9.95 / 24oz

SUPER GREEN *

avocado, spinach, pineapple, lime,
Vanilla Whey Protein
P: 31g Cal: 510 Carb: 50g

MAGIC BERRY *

strawberry, blueberry, banana, blue spirulina,
Vanilla Whey Protein
P: 31g Cal: 370 Carb: 56g

BLUEBERRY PB & J *

blueberry, banana,
PB Chocolate Whey Protein
P: 30g Cal: 412 Carb: 68g

STRAWBERRY PB & J *

strawberry, banana,
PB Chocolate Whey Protein
P: 29g Cal: 342 Carb: 50g

CINNAMON COFFEE

banana, mango, cold brew coffee,
Vanilla Whey Protein
P: 27g Cal: 335 Carb: 56g

SUPER SMOOTHIES

\$8.95 / 16oz

CHOCOLATE ALMOND *

cocoa, almond butter, blueberry, banana
P: 6g Cal: 301 Carb: 66g

GINGER TURMERIC

ginger, turmeric, mango, pineapple, banana,
orange juice
P: 5g Cal: 328 Carb: 81g

GREENIE *

raw matcha, spinach, pineapple, banana
P: 7g Cal: 279 Carb: 60g

POWER BREW *

cold brew coffee, vanilla protein
powder, mango, banana
P: 15g Cal: 285 Carb: 55g

OCEAN SMOOTHIE *

banana, mango, blue spirulina
P: 4g Cal: 251 Carb: 54g

OG SMOOTHIES

\$7.95 / 16oz

BEACH BUM *

P: 4g Cal: 250 Carb: 56g

HAPPY HIPPIE *

P: 4g Cal: 230 Carb: 50g

OASIS *

P: 11g Cal: 330 Carb: 67g

SUNSET *

P: 4g Cal: 231 Carb: 51g

ZEN ZONE *

P: 4g Cal: 247 Carb: 54g

+\$1 SUB COCONUT WATER
INTO ANY SMOOTHIE

+\$2 ADD TO PROTEIN
BOWL/SMOOTHIE

Cold Brew

BLENZ BREW

freshly brewed over ice

\$3.50

\$4.50

CARAMEL BLENZ BREW *

dairy free caramel creamer.

VANILLA BLENZ BREW *

dairy free vanilla creamer

**150mg caffeine

* indicates
contains almond milk