



build your own bowl

1 base + 1 granola + 3 fruits + 2 toppings

menu may vary by location

71-920* cal

bases



açaí
organic açaí,
banana



pitaya
pitaya, banana,
pineapple,
almond milk



greens
kale, banana,
pineapple,
almond milk



oatmeal
whole grain &
served warm



greek yogurt
creamy, tangy &
slightly sweet

1 granola**

* signature blueberry flax
* cinnamon

3 fruits

* apple * mango
* banana * pineapple
* blueberry * strawberry
* kiwi

2 toppings

* agave * cacao nibs * coconut flakes * honey * peanut butter
* almond butter * chia seeds * ground flaxseed * nutella * whipped cream
* almond slices * cinnamon * hemp seeds



*does not include additional toppings
**gluten-free available in some locations

signature bowls

Choose any base: açaí • pitaya • greens • greek yogurt • warm oatmeal



frutella

granola, banana, strawberry,
nutella, peanut butter,
coconut flakes
459-849 cal



rainbowl

granola, strawberry,
blueberry, mango, apple,
honey
275-622 cal



hulk

vanilla whey protein powder, granola,
mango, blueberry, strawberry,
peanut butter, honey
404-877 cal



classic

granola, banana, strawberry,
blueberry, honey, peanut butter,
cacao nibs
416-773 cal



frutta

granola, strawberry, pineapple,
kiwi, nutella, peanut butter,
honey, coconut flakes
455-878 cal



bermuda

granola, strawberry,
blueberry, pineapple, honey,
coconut flakes
269-605 cal



beachin'

granola, banana, mango,
pineapple, kiwi, honey,
coconut flakes
326-652 cal



muscle up

chocolate whey protein
powder, granola, banana,
peanut butter
384-759 cal



peanutella

chocolate whey protein powder,
granola, strawberry, banana, nutella,
peanut butter, cacao nibs
514-959 cal

smoothies



chocolate explosion

almond milk, banana, chocolate whey
protein powder, peanut butter, nutella
379-563 cal



tropical

coconut milk, mango, pineapple, banana
250-404 cal



green machine

coconut milk, pineapple, kale,
honey, avocado
221-245 cal



pink flamingo

almond milk, pineapple, mango,
pitaya, honey
224-343 cal



very berry

strawberry, blueberry, organic açaí, honey
214-321 cal



glow up

coconut milk, banana, strawberry,
organic açaí, peanut butter, nutella
310-525 cal



detox

kale, pineapple, apple, chia seeds
228-302 cal



whey-up

almond milk, banana, strawberry, vanilla
whey protein powder, peanut butter
328-453 cal



mango strawberry

mango, strawberry, honey
130-187 cal

toasts

all toasts served on rustic italian. gluten free bread available



savory avocado

avocado, feta, red pepper
flakes, sea salt, sriracha
310 cal



everything avo

avocado, roasted red pepper, hard
boiled egg, everything bagel seasoning
315 cal



bravocado

avocado, sun-dried tomato pesto,
hard boiled egg, red pepper flakes,
sea salt
445 cal



bee's knees

apple, brie, honey, almond slices
320 cal



strawbrie

strawberry, brie, balsamic glaze
283 cal



pb&n

peanut butter, strawberry, banana,
nutella, cacao nibs
393 cal



pick 2

413-915 cal

choose from: small signature bowl,
small smoothie, toast



protein bites

348-366 cal

hand-rolled with cinnamon, granola, honey, peanut butter, with or
without coconut flakes. vanilla and chocolate whey or plant protein
options available.