

## HOUSE SMOOTHIES

12

### protein fit

banana, almond milk, protein, peanut butter

### berry blast

banana, water, strawberries, blueberries, honey

### high protein

banana, almond milk, blueberries, protein, cinnamon, chia seeds

### papaya special

papaya, oat milk, protein, almond butter, oats

### kalelicious

kale, spinach, protein, banana, coconut water

### coco berry

açaí, coconut water, strawberries, protein

### tropical island

coconut water, mango, pineapple, passion fruit, banana

### crew creations

#### chocolate wave

milk, nutella, chocolate protein

#### rise & oat

oat milk, banana, granola, oats, almond butter, protein

#### back 2 basics

water, blueberries, 2 scoops of protein

## HOUSE BOWLS

14

### the classic

açaí, banana, strawberries, granola, coconut oil

### blue dream

açaí, banana, blueberries, blackberries, granola, almonds, almond butter, coconut oil

### sunshine bowl

açaí, banana, mango, pineapple, granola, honey

### chocolate's delight

açaí, nutella, granola, raspberries, coconut oil

### tropicoco

açaí, banana, mango, coconut flakes, coconut oil

### yogurt bowl

greek yogurt, banana, strawberries, blueberries, granola, honey

### crew creations

#### nutella-friendly

açaí, nutella, granola, coconut flakes, coconut oil, honey

#### honey blue crunch

açaí, blueberries, granola, almonds, almond butter, coconut oil, honey

#### power-full

açaí, banana, granola, peanut butter, coconut oil, coconut flakes, honey

## create your own SMOOTHIE OR BOWL

### 1 pick your base

FOR SMOOTHIE 10

water  
coconut water  
regular milk  
2% milk

almond milk  
oat milk  
coconut milk

FOR BOWL 12

açaí

yogurt

### 2 pick your fruit

additional fruit +65¢

banana  
blueberries  
strawberries  
papaya

mango  
pineapple  
raspberries  
blackberries

### + add greens *smoothies only • optional*

spinach

kale

### 3 pick your topping

additional topping +65¢

peanut butter  
almond butter  
nutella  
flax seeds  
chia seeds

oats  
granola  
almonds  
coconut flakes  
coconut oil

**premium toppings** *smoothies only* +\$2

creatine

glucosamine

### 4 pick your protein *optional* +\$2

vanilla whey  
chocolate whey

vegan vanilla  
vegan chocolate

## COFFEE

### latte

espresso,  
steamed milk

5

### double espresso

double-shot

5

### cappuccino

espresso,  
steamed milk,  
foam, cinnamon

5

### cortado

espresso,  
steamed milk

3

### espresso

single-shot

3

### americano

espresso, water

5

### specialty coffee

6

#### mocha

espresso, steamed  
milk, chocolate syrup

#### iced latte

espresso, milk of your  
choice, ice

#### caramel latte

espresso, steamed  
milk, caramel syrup

#### iced americano

espresso, water, ice

#### vanilla latte

espresso, steamed  
milk, vanilla syrup