today's menu

shake smart

sample menu



classicshakes reg 4.5 lrg +1.5

chocolate frosty
wendy has nothing on us

vanilla thrilla
the bean that gets you lean!

cookies n' cream
need we say more?

specialtyshakes reg 5 lrg +1.5

banana split
strawberry, banana, chocolate protein

strawberry fields
strawberry, vanilla protein

p-b2
banana, chocolate protein, peanut butter

grammy's goods
cookies n' cream protein, peanut butter

coldbrewcoffee

shake your coffee 4.5 | +1.5
vanilla or chocolate protein, extras available

coldbrew 3
black or with choice of milk

(add protein) +.5



greens&veggies

green tea matcha 5 | +1.5
green tea matcha, vanilla protein

greens to go 5.5 | +1.5
spinach, banana, pineapple, oj, protein

carrot cake 5.5 | +1.5
cinnamon, banana, carrot juice, vanilla protein

organic supershake 6 | +1.5
organic superfood, banana, vanilla protein, peanut butter

exoticshakes reg 5.5 lrg +1.5

a perfect 10
blueberry, banana, vanilla protein, peanut butter

acai energy
acai, banana, vanilla protein, peanut butter

chocolate covered strawberry
strawberry, acai, chocolate protein

breakfast to go
strawberry, pineapple, acai, oj, vanilla protein

mea aloha
pineapple, banana, acai, apple juice, protein

fruitopia
strawberry, banana, acai, apple juice, protein

pink cadillac
pitaya, pineapple, oj, vanilla protein



scoopedbowls 6.75

rawçaí
scoops of organic acai, strawberry, topped with granola, banana slices, chia, and coconut flakes

raw-pb
scoops of organic acai, topped with granola, banana slices, dark chocolate, and peanut butter

the buzz bowl
scoops of organic acai, pitaya, pineapple, topped with granola, coconut flakes, and bee pollen

blendedbowls 6.75

original acai bowl
organic acai, strawberry, apple juice, protein, topped with granola, coconut flakes, and banana slices

pb&a
organic acai, strawberry, peanut butter, almond milk, protein, topped with granola, dark chocolate, and banana slices

dragon bowl
pitaya, pineapple, oj, vanilla protein, topped with granola, chia, and coconut flakes



shakeyoursmoothie

choose a liquid reg 5.5 lrg +1.5
apple juice | orange juice

choose two fruits
strawberry | banana | blueberry
pineapple | acai | pitaya

balanced with protein

allnaturalsandwiches

peanut butter 3
on whole wheat thin bread with bananas

almond butter 4
on whole wheat thin bread with bananas

whollyoatmeal 3.5

berries n' cream
oats, strawberry, vanilla greek yogurt

pb&b
oats, banana slices, peanut butter

toasted coconut cream
oats, coconut flakes, sliced almonds, vanilla greek yogurt

chocolate chip banana bread
oats, banana slices, dark chocolate, cinnamon

(add protein) +.5



craftyourcup

overnight oats 4
soaked in almond milk

greek yogurt 4.5
with a hint of vanilla

choose 4 toppings

banana | blueberry | strawberry | granola
cinnamon | bee pollen | cold brew | chia
peanut butter | almonds | dark chocolate
coconut flakes | vanilla or chocolate protein
overnight oats | greek yogurt

cold brew and protein are not available for greek yogurt

makeityourway

make it a bowl +1
with granola and banana slices on top

almond milk or **oat milk** +.25
instead of low fat/non fat

almond butter +.5
for any peanut butter shake

organic plant protein +.75
in place of whey protein

dietary restricted *friendly*



vegan & vegetarian

whey 25g+ protein

only real fruits

no frozen yogurt

gluten free

lactose free