

Acai & Pitaya Bowls

Sub Almond Milk / Coconut H2O / RO Water/ Unsweetened Acai for no extra charge

WB Bowl \$10.50

*Organic acai blended with banana, strawberries
Topped with granola, sliced banana, honey*

Nutty Bowl \$11.00

*Organic acai blended w/ peanut butter, banana, strawberries
Topped with granola, chocolate chips, sliced banana, honey*

Green Room Bowl \$11.00

*Organic acai blended w/spinach, kale, banana, strawberries
Topped with granola, sliced banana, honey*

Aloha Bowl \$11.50

*Organic acai blended w/ mango, pineapple, banana, strawberries
Topped with granola, sliced banana, coconut flakes, honey*

Bikini Bowl \$12.50

*Organic Raw Pitaya blended w/strawberries, banana, kiwi, coconut water
Topped with granola, sliced banana, coconut flakes, honey*

Mason Bowl \$11.50

*Organic acai blended w/ strawberries, blueberries, raspberries, blackberries, banana, almond milk
Topped with granola, coconut flakes, honey*

Benny B Bowl \$13.25

*Organic acai blended w/ banana and strawberries on a bed of granola, chocolate chips
Topped with granola, chocolate chips, banana, strawberries, blueberries, blackberries, honey*

Barth Vader Bowl \$13.00

*Organic acai blended w/ peanut butter, banana, strawberries, almond milk
Topped with granola, sliced banana, mango, blueberries, strawberries, honey*

Bliss Bowl \$12.75

*Organic Pitaya blended w/ coconut water, pineapple, mango
Topped with granola, blueberry, chocolate chip, nutella and recess's drizzle*

Ultimate Bowl \$16.00

*50% more organic acai blended w/ banana, strawberries on a bed of granola, coconut flakes
Topped with more granola, coconut flakes, sliced banana, strawberries, blueberries, honey*

Superfood Smoothies

Small \$7.00/ Large \$9.00

Caribbean

Apple Juice, strawberries, banana

Killer Kale

Almond milk, kale, pineapple, banana

Sun Kissed

Strawberries, pineapple, orange, mango

Bomba

Almond milk, blueberries, organic acai, banana, cacao

Masonboro

Almond milk, pineapple, mango, spinach, banana

Sunset

Apple juice, strawberries, mango

SurfBerry

Apple juice, raspberries, blueberries, strawberries, blackberries, banana

Coffee Break

Cold brew coffee, almond milk, banana, almond butter, cacao

Protein Plunge

Almond milk, banana, peanut butter, chocolate plant protein

Harbor Island

Almond milk, strawberries, peaches, banana, vanilla plant protein, bee pollen

Milkshakes

Made with Organic Milk, Froyo, Topped with Whipped Cream and Cherry \$7

Offshore Oreo

Radical Reese's

Cookie Dough Carver

Create Your Own

Artesian Toasts



Avocado Toast

\$6.95

Avocado smash, cherry tomatoes, sea salt, sunflower seeds, everything seasoning, red pepper, olive oil



Hummus Toast

\$4.95

Organic hummus, pumpkin seeds, hemp seeds, paprika, olive oil



Almond Butter Toast

\$6.95

Almond butter, banana, nutella, honey, cinnamon



Peanut Butter Toast

\$4.95

Peanut butter, strawberries, cacao nibs, honey

Fresh Baked Goods

Protein Muffin	GF / Soy Free	\$3.25
Cinnamon Bun	GF / V / Soy Free	\$4.00
Black Bean Brownie	GF / V / Soy Free	\$3.75
Chickpea PB Blondie	GF / V /Soy Free	\$3.75
Almond Flour Cookie	GF / V /Soy Free	\$3.75
Chocolate Cherry Pie	GF / V /Soy Free	\$3.75
Scone	GF / V / Soy Free	\$3.50
Hand Pies	GF / V / Soy Free	\$4.00

Coffee + Frappes + More

	Small	Large
Organic Drip	2.22	2.75
Pour Over	3.50	4.50
Iced Coffee	2.95	3.45
Cold Brew	3.55	3.95
Americano	3.33	3.75
Espresso	1.75	2.22
Latte/Cappuccino	3.95	4.44
Flavored Latte	4.25	4.75
Café Mocha	4.25	4.75
Flat White	3.95	4.44
Specialty Lattes	4.44	5.00
- Matcha, Chai, Honey Lavender		
Frappes	5.75	
- Carmel, Mocha, Vanilla, Matcha		
Game Changer Bullet	6.00	
- Coffee, Grass Fed Butter, MCT Oil		
The Laird	6.50	
-Triple Shot Espresso, Coconut milk, Coconut Oil, Chaga, Lion's Maine, Maitake and Cordyceps		
Hot Tea	2.22	2.75
Iced Tea/Lemonade	2.65	2.95
Iced Chai	4.25	4.75
Hot Chocolate	2.75	3.45
Kombucha on Tap	3.50	5.50

Add-In's

Torani Syrups - Vanilla, Chocolate, Caramel, Lavender, Peppermint	.50
Almond Mylk, Oat Mylk, Coconut Mylk	.75
MCT Oil	1.00
Extra Espresso Shot	1.25
Bulletproof Collagen Protein	2.00
Laird Superfood Plant Based Creamer	1.00
- Turmeric, Cacao, Mushroom, Original	

Smoothie Bowls

Paradise Bowl \$10.50

Blended coconut water*, banana, pitaya*, strawberries, pineapple
Topped with granola*, banana, mango, goji berry*, honey drizzle

PB Stoke Bowl \$10.50

Blended almond milk*, banana, peanut butter, chocolate plant protein, agave*
Topped with granola*, chocolate chip, peanut butter drizzle, nutella drizzle

Rasta Bowl \$10.50

Blended almond milk*, banana, strawberry, peaches, agave*
Topped with granola*, pineapple, kiwi, strawberry, hemp heart*, honey drizzle

Mermaid Bowl \$10.50

Blended apple juice*, banana, strawberry, chia seed*, agave*
Topped with granola*, banana, strawberry, honey drizzle

Princess Leah Bowl \$10.50

Blended almond milk*, banana, kale*, pineapple, matcha green tea
Topped with granola*, banana, strawberry, blueberries, mango, honey drizzle

Cold Brew Bowl \$10.50

Blended house made cold brew coffee*, banana, mixed berries, blueberries, agave*, sea salt
Topped with granola*, chia seed*, cacao nib, strawberry, honey drizzle

Mojo Bowl \$11.11

Blended coconut water*, banana, pineapple, mango, blue spirulina
Topped with granola*, strawberry, kiwi, coconut, honey drizzle

Additions

*Organic

Fresh Fruit 1.50

Honey 1.00

Peanut Butter 1.50

Reece's Drizzle 1.00

Almond Butter 2.00

Bee Pollen 1.50

Granola* 1.25

Cacao Nibs* 1.00

Nutella 1.00

Chocolate Chips 1.00

Goji Berry* 2.00

Spirulina 1.50

Coconut Flakes 1.00

Agave Nectar* 1.00

Flax Seed* 1.00

Matcha 1.00

Chia Seeds* 1.00

Hemp Heart* 1.00

Spinach* .75

Kale* .75

Avocado 1.50

Plant Protein 2.00

Collagen Protein 2.00

Whey Protein 1.50