



SMALL: \$9.95 MEDIUM: \$11.95 LARGE: \$13.95

GAIA BOWL (AÇAI BASE)

GRANOLA LAYER TOPPED WITH BANANA,
BLUEBERRY, STRAWBERRY, COCONUT FLAKES



SUNRISE (MANGO BASE)

GRANOLA LAYER TOPPED WITH BANANA, KIWI,
STRAWBERRY, HONEY DRIZZLE, COCONUT



PINK FLAMINGO (PITAYA BASE)

CHIA PUDDING LAYER TOPPED WITH MANGO,
STRAWBERRY, BLUEBERRY, AGAVE DRIZZLE



COCONUT BRAVO (COCONUT BASE)

GRANOLA LAYER TOPPED WITH BANANA,
PINEAPPLE, BLUEBERRIES, CACAO NIBS



LAGUNA BEACH (BLUE HAWAIIAN BASE)

CHIA PUDDING LAYER TOPPED WITH BANANA,
BLUEBERRIES, RASPBERRIES, COCONUT
FLAKES, HEMP HEARTS





MERMAID FUEL (PITAYA + BLUE HAWAIIAN)

CHIA PUDDING LAYER TOPPED WITH KIWI, BANANA, PINEAPPLE, BLUEBERRIES, HONEY DRIZZLE, COCONUT



LUCY BOWL (MANGO + AÇAÍ BASE)

GRANOLA LAYER TOPPED WITH BANANA, RASPBERRIES, AGAVE DRIZZLE



HOLY CACAO! (COCOA + COCONUT BASE)

GRANOLA LAYER TOPPED WITH BANANA, STRAWBERRY, ALMOND BUTTER DRIZZLE, HEMP HEARTS



MATCHA GOTCHA (MATCHA BASE)

CHIA PUDDING LAYER, MANGOS, STRAWBERRY, KIWI, CASHEWS, CACAO NIBS



BUILD MY OWN - SIMPLE. FRESH. EVERY BOWL, YOUR WAY.

START WITH ONE BASE – OR BLEND TWO. LAYER IN YOUR FAVORITE TOPPINGS. FINISH WITH A DRIZZLE.

ADD ON'S:

DRIZZLES: NUTELLA, ALMOND BUTTER, HONEY, AGAVE, PEANUT BUTTER
FRUIT: BANANA, STRAWBERRY, MANGO, RASPBERRY, BLUEBERRIES, KIWI, PINEAPPLE
LAYERS: GRANOLA, CHIA PUDDING
ALL THE REST: HEMP HEARTS, COCONUT FLAKES, CACAO NIBS
PREMIUM ADD-ON'S: SPIRULINA, COLLAGEN BOOST, BEE POLLEN, PROTEIN POWDER



PRICE: \$7.75

FIT FUEL TOAST

SMASHED AVOCADO & WHIPPED COTTAGE CHEESE
ON SOURDOUGH, TOPPED WITH SLICED EGG AND
EVERYTHING BAGEL SEASONING



MORNING BERRY TOAST

TOASTED SOURDOUGH, CREAMY GREEK YOGURT,
FRESH STRAWBERRIES, AND A DRIZZLE OF LOCAL
HONEY OR ALMOND BUTTER



CINNAMON MONKEY TOAST

PEANUT BUTTER ON WARM SOURDOUGH TOAST,
TOPPED WITH BANANA SLICES, CHIA SEEDS,
CINNAMON, AND A SMOOTH HONEY DRIZZLE



AVOCADO CRUNCH TOAST

AVOCADO SPREAD ON SOURDOUGH BREAD WITH
RED PEPPER FLAKES, PEPITAS, AND PINK
HIMALAYAN SALT



CITRUS GARDEN TOAST

HUMMUS BASE LAYERED WITH CRISP CUCUMBERS
AND CRUMBED FETA ON SOURDOUGH TOAST,
FINISHED WITH LEMON JUICE AND OLIVE OIL DRIZZLE



SWEET TOOTH TOAST

SOURDOUGH BREAD WITH NUTELLA SPREAD, TOPPED
WITH STRAWBERRIES AND ALMOND SLICES.



MEDITERRANEAN FRESH TOAST

RIPE TOMATOES LAYERED OVER CREAMY AVOCADO
SPREAD ON SOURDOUGH BREAD, FINISHED WITH
FRESH SPROUTS AND BALSAMIC DRIZZLE.

BREAD OPTIONS:

SOURDOUGH, ARTISAN, AND GLUTEN FREE AVAILABLE ON REQUEST