



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

## GAIA BOWL (AÇAÍ 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! (COCAO + 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, COLLOGEN 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 CRUMBLLED 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