

 **JUICES (10 oz)** \$4.99

Refresh (48 cal)
Cucumber, apple, lemon, ginger

Basil Lime (115 cal)
Cucumber, apple, basil, lime juice

Rise & Shine (141 cal)
Carrot, apple, lemon juice

Replenish (169 cal)
Orange, apple, carrot, beet, ginger

Green Monster (96 cal)
Celery, apple, spinach, lemon, ginger, cucumber

 **SIGNATURE SMOOTHIES (16 oz)** \$6.29

Turmeric Ginger (163 cal)
Mango, pineapple, turmeric

Recovery (480 cal)
Banana, almond butter, cocoa powder

Tropical Greens (255 cal)
Apple, pineapple, mango, spinach, ginger, honey

Berry Mango (179 cal)
Blueberry, strawberry, mango, spinach

Performance (246 cal)
Blueberry, strawberry, banana, ginger, chia seeds

Strawberry Banana (167 cal)
Strawberry, banana, almond milk, Greek yogurt

 **AÇAÍ BOWLS** \$7.95

Signature Bowl (435 cal)
Acai, banana, blueberries, coconut milk, sliced banana, house granola, hemp seeds

Coconut Crunch Bowl (474 cal)
Acai, banana, blueberries, coconut milk, shredded coconut, seasonal fruit, house granola, chia seeds

Power Bowl (519 cal)
Acai, banana, blueberries, coconut milk, almond butter, sliced banana, hemp seeds

Strawberry Banana Bowl (344 cal)
Strawberries, banana, oat milk, shredded coconut, chia seeds, honey

MEAL EXCHANGE B U

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INCLUDES
Juice OR Smoothie OR Bowl*
Side

- No-Bake Energy Bites OR
- Small Veggie Cup with Hummus OR
- 2 Premium Add-Ins

*Bowls do not come with side

Bonus and Ultimate Meals, Cash, Credit/Debit, Titan Dollars and UWO Gift Cards accepted.

 **BUILD YOUR OWN SMOOTHIE (16 oz)** \$6.29

1. JUICE/MILK

- Orange (110 cal)
- Almond Milk (40 cal)
- 2% Milk (77 cal)
- Oat Milk (160 cal)
- Apple Juice (110 cal)
- Cranberry Juice (110 cal)

2. PROTEIN

- Avocado (45 cal)
- Greek Yogurt (30 cal)
- Almond Butter (190 cal)

3. CHOOSE ANY THREE

- Blueberries (23 cal)
- Mango (48 cal)
- Strawberries (17 cal)
- Pineapple (27 cal)
- Banana (40 cal)
- Lemon (7 cal)
- Spinach (7 cal)
- Carrot (17 cal)
- Apple (21 cal)

PREMIUM ADD-INS + \$0.64 each

- Ginger (2 cal)
- Turmeric (9 cal)
- Honey (64 cal)
- Almond Butter (186 cal)
- Avocado (80 cal)
- Coconut (60 cal)
- Protein Powder (104 cal)
- Flax Seeds (108 cal)
- Chia Seeds (116 cal)
- Hemp Seeds (103 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.