



# PREMIUM SMOOTHIES

Choose between 16 and 20 oz.

## CLEARWATER

9.25 | 10.75

Banana, mango, pineapple, blue spirulina, agave, almond milk.

## WILDWOOD PEACH

9.25 | 10.75

Peaches, banana, mango, Cook's Pure Vanilla Powder, peach nectar, agave, almond milk.

## REHOBOTH BEET

9.25 | 10.75

Raspberries, banana, beet powder, fresh squeezed lemon juice, agave, almond milk.

## SEE ISLE

9.25 | 10.75

Strawberry, mango, carrots, dates, agave, almond milk.

## KEY WEST

9.75 | 11.25

Oranges, banana, mango, spinach, OWYN Vanilla Plant Protein, Cook's Pure Vanilla Powder, agave, almond milk.

## BONITA BEACH

9.50 | 11.00

Banana, avocado, spinach, cacao powder, peanut butter powder, maple syrup, almond milk.

## MIAMI BEACH

9.00 | 10.50

Pitaya, strawberry, banana, Cook's Pure Vanilla Powder, almond milk.

## OUTER BANKS

9.00 | 10.50

Blueberries, basil, banana, fresh squeezed lemon juice, agave, almond milk.

# TOASTS

Your choice of bread. One or two slices.

## MAUI

6.25 | 11.00

Peanut butter, sliced banana, chia seeds, honey drizzle.

## BORA BORA

8.50 | 15.00

Ricotta cheese, avocado, sea salt, crushed red pepper, cherry tomato, micro greens, balsamic drizzle.

## SANTORINI

9.00 | 16.50

Ricotta cheese, avocado, sea salt, crushed red pepper, radish, cherry tomato, bean sprout, spicy cilantro sauce drizzle.

## TAHITI

7.00 | 13.00

Nutella, banana, strawberries, chia seeds, honey drizzle.

## COZUMEL

8.00 | 15.00

Hummus, radish, cucumbers, sliced egg, feta cheese, tzatziki drizzle.

## BALI

6.50 | 11.50

Almond butter, raspberries, coconut flakes, honey drizzle.

## CAPRI

8.50 | 15.00

Ricotta cheese, avocado, strawberries, basil, micro greens, pepper, garlic, pink salt, balsamic drizzle.

## BREADS

Sourdough  
Multigrain  
Gluten Free (+0.50)

# SMOOTHIE BOWLS

Your choice of drizzle for any bowl.

## AÇAÍ BOWLS

Acai with blueberries, strawberries, banana, and a Healthy Shack guava almond milk blend.

## SANTA MONICA

12.25

Acai Base mix with OWYN Vanilla Plant Protein. Topped with granola, strawberry, and banana.

## LA JOLLA

12.25

Acai Base topped with coconut, pineapple, and mango.

## MONTEREY

12.75

Acai Base with Blessed Blueberry Protein. Topped with granola, coconut, and blueberry.

## COCONUT BOWL

Coconut with pineapple, banana, and a Healthy Shack guava almond milk blend.

## CORONADO

12.50

Coconut Base topped with raspberries, kiwi, and pineapple.

## PITAYA BOWLS

Pitaya with raspberries, banana, and a Healthy Shack guava almond milk blend.

## MALIBU

12.25

Pitaya Base mix topped with raspberries, coconut, and banana.

## LAGUNA

12.25

Pitaya Base topped with mango, strawberries, and granola.

## CARLSBAD

12.75

Pitaya Base with Blessed Blueberry Protein. Topped with blueberry, coconut, and banana.

## GREEN BOWLS

Spinach and avocado base with pineapple, mango, and a Healthy Shack guava almond milk blend.

## PISMO BEACH

12.25

Green Base with maple syrup. Topped with raspberries, coconut, and chia seeds.

## CANNON BEACH

12.50

Green Base with OWYN Vanilla Plant Protein and honey. Topped with strawberries, banana, and granola.

## BLUE BOWLS

Blue spirulina base with pineapple, banana, mango, and a Healthy Shack guava almond milk blend.

## SUNSET CLIFFS

12.50

Blue Base topped with coconut, kiwi, and chia seeds.

## LOVERS BEACH

13.50

Blue Base with OWYN Vanilla Plant Protein. Topped with granola, raspberries, and coconut.

## DRIZZLES

Honey  
Nutella  
Peanut Butter  
Almond Butter

# COFFEES

Choose between 16 and 20 oz.

## COCOA BEACH

11.00 | 12.50

Coffee powder, avocado, banana, cacao, maple syrup, chocolate almond milk.

## HAMPTONS

11.00 | 12.50

Coffee powder, banana, mango, dates, maple syrup, almond milk.

## ASBERRY PARK

11.00 | 12.50

Coffee powder, banana, blueberries, Cook's Pure Vanilla Powder, agave, almond milk.

## BRIGANTINE

11.00 | 12.50

Coffee powder, banana, peanut butter powder, maple syrup, almond milk.

## BIG SUR(GE)

13.50

Coffee powder, banana, and cacao powder. Topped with cacao nibs, coconut flakes, raspberries. (Coffee Bowl)

# ADD-ONS

Add to any bowl, smoothie, or toast.

Bananas	Basil
Bean Sprout	Blueberries
Cacao Nibs	Cacao Powder
Cherry Tomato	Chia Seeds
Coconut	Feta Cheese
Flax Seeds	Goji Berries
Granola	Honey
Hummus	Kiwi
Maple Syrup	Nutella
Peanut Butter	Radish
Raspberries	Ricotta Cheese
Sliced Egg	Spinach
Strawberries	Walnuts

1.00

Agave	Almond Butter
Avocado	Blue Spirulina
Guava	Hemp Hearts
Microgreens	Peach Extract
Tumeric	

1.50

**Powders:** Beet, Coffee, Peanut Butter, Cook's Pure Vanilla, Yello Maca  
**Proteins:** Blessed Blueberry Protein Powder, OWYN Vanilla Protein Powder, OWYN Chocolate Protein Powder