



Açaí Bowls

All bowls include toppings of granola (vanilla almond, gluten free, or blueberry), local honey, coconut flakes, and your choice of 2 fresh fruits

\$11.63

Whatever Bowl

(blend of frozen açaí, strawberry, mango and coconut water)

Almond Cacao Bowl

(blend of frozen açaí, banana, cacao, almond milk & choice of almond butter, pb or nutella)

Blueberry Açaí

(blend of frozen açaí, blueberries and coconut water)

Pitaya Bowl

(blend of frozen pitaya, banana, pineapple and coconut water)

Pro Bowl

(double portion of unsweet açaí only - for the purist) *\$12.09

FRUIT/BERRY TOPPINGS

\$1.16 each additional

- Fresh blueberries, blackberries, raspberries, strawberries, kiwi, mango, banana, pineapple

BOWL/SMOOTHIE BOOSTERS

\$1.16 each

- hemp seed
- almond butter
- protein powder
- spirulina
- matcha
- extra honey
- bee pollen
- flax seed
- nutella
- cacao nibs
- almond slices
- chia seed
- natural peanut butter
- chocolate chips

813-559-7677

Smoothies

SM (16oz) \$7.21 LG (20oz) \$9.07

PB Oatmeal

(peanut butter, banana, oats, house-made almond milk)

Banana Brew

(banana, almond butter, cinnamon, cold brew, honey, house-made almond milk)

Triple Berry + 1

(blue/black/rasp/strawberry blend, banana, coconut water)

Spirulina Matcha

(spirulina, matcha, almond butter, pineapple, banana, spinach, coconut water)

Strawberry Banana

(strawberry, banana, coconut water)

Chocolate Banana Peanut Butter

(cacao, banana, peanut butter, house-made almond milk)

Mango Pineapple Banana

(mango, pineapple, banana, coconut water)

Specialty Shakes

SM (16oz) \$7.67 LG (20oz) \$9.30

Hazy Chocolate

(nutella, chocolate & malted milk ball gelato)

The Captain

(vanilla gelato, white chocolate & Cap N' Crunch)

The Banana

(caramel drizzle, banana & vanilla gelato)

Chocolate Peanut Butter

(chocolate gelato & peanut butter)

Make Your Own

(choose your own gelato flavors)

G E L A T O F L A V O R S

- cookies n' cream
- chocolate
- vanilla
- java chip
- caramel crunch
- malted milk ball
- toasted coconut almond

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Grilled Cheese

The Standard (three cheese blend, local sourdough bread, house zippy tomato dip)	\$6.28
Better With Bacon (three cheese blend, bacon, local sourdough bread, house BBQ dip)	\$7.91
Besto Pesto (broccoli pesto, cheddar, local cracked wheat, balsamic honey mustard dip)	\$7.21
ADD A SIDE: chips or fruit cup	\$1.63
ADD A SIDE & DRINK: (choose from iced tea, canned soda, water or medium drip coffee)	\$3.95

Waffles on a Stick

Powdered Sugar or Whipped Cream	\$4.65
Chocolate or Caramel	\$5.35
Whipped Cream & Fresh Fruit	\$5.81
*add maple syrup, local honey, or extras	\$1.16

Coffee

	MED	LG
Drip	\$2.33	\$3.02
Espresso	\$2.56	\$4.19
Latte	\$3.95	\$5.12
Cappuccino	\$3.95	\$5.12
Cold Brew	\$5.58	\$7.67
Affogato	\$5.81	\$8.14

*Almond/Soy/Oat Milk \$1.16

Ice Pops

\$4.19

- Banana Coconut
- Strawberry Lime
- Strawberry Mango
- Strawberry Pineapple Pomegranate
- Pineapple Banana Veggie (no sugar added)
- Pineapple Cilantro
- Early Gray Lavender Lemonade
- Raspberry Hibiscus Rose
- Blackberry Honey Green Tea
- Orange Cream
- Chocolate Sea Salt
- Salty Chocolate Elvis
- Coconut Lime

call for seasonal flavors

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