



## BUILD YOUR OWN BOWLS

### 1. Choose Your Size:

12oz – 16oz – 24oz

### 2. Choose your base (Up to 3)

Açaí Power Greens  
Pitaya Blue Chia Pudding  
Blue Majik Vanilla Chia Pudding

### 3. Choose Your Toppings

Organic Hemp/Flax Granola Hemp Seeds  
GF Honey Granola Goji Berries  
Bananas Mulberries  
Seasonal Fruit Cranberries  
Almonds Cacao Nibs  
Cashews Almond Butter  
Coconut Peanut Butter  
Pumpkin Seeds Honey  
Flax Seeds Bee Pollen  
Chia Seeds

### ... OR GET:

#### The Terra

comes with açaí, pitaya, blue chia pudding, bananas, seasonal fruits, hemp/flax granola, almonds, coconut, pumpkin seeds, chia seeds, hemp seeds, cacao nibs and almond butter.

#### Jade's Bowl

comes with açaí, blue majik, vanilla chia pudding, bananas, seasonal fruits, hemp/flax granola, almonds, coconut, flax seed, hemp seed, goji berries, mulberries, honey and bee pollen.

## GRAIN BOWLS

**Puerto:** spinach, quinoa, black beans, cherry tomatoes, cucumber, red bell peppers, jalapeños, cilantro, lime dressing and vegan cayenne aioli.

**Cypress:** mixed baby lettuce, quinoa, garbanzo beans, cherry tomatoes, cucumbers, kalamata olives, parsley, mint, hummus, vegan tzatziki and lime dressing.

**Kata:** spinach, kale, wild rice, garbanzo beans, carrots, beets, red cabbage, red bell peppers, parsley, sesame seeds and a ginger miso dressing.

## COLD PRESSED JUICES

**Greenz:** chard, kale, cucumber, green apple, lemon

**Verde:** chard, pineapple, ginger

**Sunrise:** beets, carrots, oranges

**Maresia:** pineapple, mint

**Ginger shots**

## TOASTS • ad astra whole wheat sourdough

### Avocado Toast

cherry tomatoes, cucumbers, greens, lemon, olive oil, salt, pepper, cayenne

### Almond Butter Toast

bananas, seasonal fruits, coconut, chia, hemp, local acosta honey

## CHIA PUDDING PARFAIT

Blue and Vanilla Chia puddings, hemp/flax granola, bananas, seasonal fruit, nuts and seed toppings of your choice.