



# MENU

## BUILD YOUR OWN SMOOTHIE BOWLS

1. **Choose Your Size** - 12oz 16oz 24oz
2. **Choose Your Bases** (up to 3) - Açaí, Açaí/Acerola, Pitaya, Blue Majik, Power Greens, Passionfruit, Coconut, Strawberry, blue chia pudding and vanilla chia pudding.
3. **Nut Butters** - All made in house:  
Peanut Butter, Almond Butter, Coconut Almond Butter, TERRA Butter and Chocolate Butter.
4. **Toppings** - bananas, strawberries, blueberries, mangoes, seasonal fruits, slices almonds, coconut flakes, pumpkin seeds, hemp hearts, chia seeds, flax seeds, cacao nibs, goji berries, mulberries, cranberries, cashews, honey, bee pollen

## SIGNATURE BOWLS

**The TERRA** - açaí, pitaya, blue chia pudding, hemp/flax granola, bananas, strawberries, blueberries, almond butter, almonds, coconut, pumpkin seeds, hemp hearts, chia seeds and cacao nibs.

**Jade's Bowl** - açaí, blue majik, vanilla chia pudding, hemp/flax granola, bananas, strawberries, blueberries, almonds, coconut, hemp, flax seeds, goji berries, mulberries, honey, bee pollen.

## Smoothies

- Green Mango** - kale, chard, spinach, mangoes, cucumber, green apple, lemon
- Green Ginger** - kale, chard, spinach, mangoes, pineapple, ginger
- Açaí Smoothie** - açaí, almond milk, bananas
- Blue Coconut** - blue spirulina, pineapples, bananas, coconut yogurt
- Pitaya & Pineapple** - dragonfruit, pineapple, mangoes, mint
- Pitaya & Beets** - dragonfruit, mangoes, beets, carrots, oranges
- Berry Smoothie** - strawberries, blueberries, bananas, mangoes, almond milk
- Hulk Smoothie** - kale, chard, spinach, blue spirulina, mangoes, pineapple, banana, cucumber, green apple, lemon, coconut yogurt.
  - option to add pea protein, nut butters or seeds

## Cold Pressed Juices

- Greenz** - kale, chard, cucumber, green apple, lemon
- Verde** - chard, pineapple, ginger
- Sunrise** - Beets, Carrots, Oranges
- Maresia** - pineapples, mint
- Ginger Shots** - ginger, pineapple, lemon

## Toasts

- Avocado** - cherry tomatoes, english cucumbers, spinach, olive oil, sea salt, black pepper, cayenne, lemon
  - Hummus** - housemade roasted garlic hummus, kalamata olives, cherry tomatoes, english cucumber, red onions, mint, olive oil, lemon, sea salt, black pepper
  - Almond Butter** - housemade almond butter, bananas, strawberries, blueberries, coconut, hemp, chia, honey
  - TERRA Butter** - house made nut butters (almonds, cashews, brazil nuts, hazelnuts, pumpkin seeds, chia, flax) bananas, strawberries, blueberries, mangoes, coconut, hemp, chia, honey
  - Chocolate Butter** - house made nut butters (hazelnuts, pecans, almonds, cacao, monkfruit) strawberries, blueberries, mangoes, seasonal fruits, coconut, cacao nibs, honey
- \*on a local whole wheat sourdough

## Grain Bowls / Wraps

**Puerto** - baby spinach, black beans, quinoa, cherry tomatoes, english cucumbers, red onions, yellow bell peppers, avocado, cilantro, cayenne aioli, lime dressing.

**Cypress** - spring mix, garbanzo beans, quinoa, cherry tomatoes, english cucumbers, red onions, kalamata olives, parsley, mint, roasted garlic hummus, vegan tzatziki, lime dressing.

**Kata** - baby kale, baby spinach, garbanzo beans, wild rice, carrots, beets, purple cabbage, yellow bell peppers, parsley, sesame seeds, ginger miso dressing.

**Padang** - baby spinach, garbanzo beans, wild rice, mangoes, pickled onion, carrots, purple cabbage, cilantro, avocado, spicy peanut sauce.

choose: bowl or spinach tortilla