

FRESH JUICE

16 oz \$10 | 20 oz \$12
ALL JUICES ARE MADE TO ORDER

SPICE UP YOUR LIFE

PINEAPPLE | ORANGE | GINGER | TURMERIC | CAYENNE PEPPER

COOL THERAPY

PINEAPPLE | CUCUMBER | APPLE | MINT

GET REFRESHED

PINEAPPLE | CUCUMBER | LIME | COCONUT WATER

TIME MACHINE

ORANGE | CARROT | APPLE | BEET | GINGER | TURMERIC | LEMON

SUMMER REMIX

WATERMELON | PINEAPPLE | LIME

SMOOTHIES

LIQUID LOVE

ALMOND MILK | ALMOND BUTTER | BANANA | MACA | CACAO | DATES | SEA SALT

SUMMER WARRIOR

WATERMELON | STRAWBERRIES | PINEAPPLE | HONEY

STRAWBERRY VIBES

ALMOND MILK | STRAWBERRIES | BANANA | DATES | HEMP SEEDS | SEA SALT

THE GREEN WARRIOR

SPINACH | AVOCADO | BANANA | FLAX SEEDS | COCONUT FLAKES | ALMOND MILK

BIRTHDAY CAKE

ALMOND BUTTER | ROLLED OATS | DATES | 20G VANILLA PROTEIN | SPRINKLES | ALMOND MILK

LET'S GO!

UNCUT COLD BREW | ALMOND BUTTER | BANANA | 20G VANILLA PROTEIN | ALMOND MILK

OREO PUMP

CRUMBLed OREAO COOKIES | BANANA | 20G VANILLA PROTEIN | YOGURT

JAMMIN' WITH MY BERRIES

STRAWBERRIES | BLUEBERRIES | BANANA | APPLE JUICE

NUTELLA IS MY NEW JAM

NUTELLA | STRAWBERRIES | BANANA | ALMOND MILK

PB & J

PEANUT BUTTER | STRAWBERRIES | BANANA | CHIA SEEDS | AGAVE | ALMOND MILK

ISLAND VIBES

PINEAPPLE | BANANA | TOASTED COCONUT FLAKES | YOGURT

BEAST MODE

BLUEBERRIES | BANANA | PEANUT BUTTER | MACA | 40G VANILLA PROTEIN | ALMOND MILK

PEANUT BUTTER CUP

PEANUT BUTTER | BANANA | 20G CHOCOLATE PROTEIN | ALMOND MILK

SPICED CHAI

SPICED CHAI | BANANA | OATS | 20G VANILLA PROTEIN | YOGURT

ACAI/SPECIALTY BOWLS

THE ROOKIE BOWL \$12

BASE: ACAI | BLUEBERRIES | BANANA
TOPPINGS: GRANOLA | BLUEBERRIES | STRAWBERRIES | BANANA | AGAVE

BEE MORE BOWL \$12

BASE: ACAI | BLUEBERRIES | BANANA
TOPPINGS: GRANOLA | BANANA | BEE POLLEN | HONEY

BSQ BOWL \$12

BASE: ACAI | BLUEBERRIES | BANANA
TOPPINGS: GRANOLA | ALMOND BUTTER | BANANA | HEMPS SEEDS

YOU'RE THE BERRY BEST \$13

BASE: STRAWBERRIES | BLUEBERRIES | BANANA
TOPPINGS: GRANOLA | STRAWBERRIES | BLUEBERRIES | BANANA | HONEY

BLENDED LEMONADES

STRAIGHT-UP LEMONADE \$7.50

HIT ME WITH THAT FLAVOR \$8.50

PICK YOUR FLAVOR
WATERMELON-MINT | ROSEMARY | VANILLA

TWISTED HALF & HALF \$8.50

LEMONADE | BLACK TEA | GINGER

BLAZIN' PINEAPPLE \$10

FRESH PINEAPPLE | HOUSE JALAPENO SIMPLE SYRUP | LEMONADE

THE REBOUNDER \$10

ORANGE | CARROT | TURMERIC | APPLE | LEMONADE

THE DETOX HERO \$11

LEMON | MONK FRUIT | ACTIVATED CHARCOAL | COCONUT WATER

OVERNIGHT OATS BOWLS

TOWSON BOWL

BASE: ROLLED OATS | CINNAMON | VANILLA | AGAVE
TOPPINGS: GRANOLA | BLUEBERRIES | STRAWBERRIES | BANANA

THE SASSY APPLE

BASE: ROLLED OATS | MAPLE | BROWN SUGAR | CINNAMON
TOPPINGS: GRANOLA | APPLES | BANANA | HEMP SEEDS

POWERHOUSE PB & J

BASE: ROLLED OATS | PB FIT | HONEY | VANILLA PROTEIN
TOPPINGS: GRANOLA | STRAWERRRIES | BANANA | CHIA SEEDS

PARADISE AWAITS

BASE: ROLLED OATS | CHIA SEEDS | COCONUT MILK | COCONUT SUGAR
TOPPINGS: GRANOLA | PINEAPPLE | BANANA | KIWI | COCONUT FLAKES