

Nourish your body, fuel your soul!

SuperBowls Sm 11.75/Lg 12.75

Wonder Bowl (Açaí and Dragon Fruit)

banana, pineapple, strawberry, kiwi, honey

Berrylicious (Açaí)

banana, goji berry, pineapple, strawberry, almond butter

Açaí Power (Açaí)

granola, banana, protein powder, coconut flakes, peanut butter, choose of vegan or whey protein

Dragon Power (Dragon Fruit)

granola , banana, protein powder, coconut flakes, peanut butter

Coco Power (Coconut)

granola, banana, protein powder, coconut flakes, peanut butter

Wellness Smoothies 20oz 11.25

Dragon Berry

dragon fruit, banana, strawberry, almond milk, multivitamin

Phil's Green Island

kale, banana, pineapple, apple juice, coconut milk sea moss

Glow

kale, avocado, banana, pineapple ,coconut milk, Orgain collagen

Green Giggle

spinach, banana, strawberry, almond milk, Organic kids vanilla protein

Acaí Breeze

Açaí, blueberry, pineapple, strawberry, coconut milk, chia seeds, Orgain green powder

Fitness/Energy Smoothies 20oz 11.89 Chocolate Muscle

banana, chocolate protein, chocolate almond milk, peanut butter

Vanilla Power Punch

banana, vanilla protein, almond milk, peanut butter

Yoga Guru

banana, blueberry, strawberry, vegan protein, flax, poppy&chia seeds, almond butter, almond milk

Nutty Chocolate

banana, strawberry, vegan protein, almond milk, peanut butter, Nutella

Ashley's Brunch

banana, spinach, vegan vanilla protein, almond milk, almond butter, cinnamon

Acai Fun Fit

Acai, spinach, banana, pineapple, whey protein, coconut milk, apple juice

Açaí Bowls

Sm 11.25/Lg 12.25

Açaí Treat

granola, banana, strawberry, honey

Açaí Berry

granola, banana, strawberry, blueberry, coconut flakes, honey

Diane's Special

granola, banana, strawberry, pineapple, coconut flakes, peanut butter

Nutella Dream

granola, banana, strawberry, coconut flakes, Nutella

Dragon Bowls Sm 11.25/Lg 12.25

Pink Dragon

granola, banana, strawberry, honey

Pink Berry

granola, banana, blueberry, strawberry, coconut flakes, honey

Mango Madness

granola, kiwi, mango, pineapple, coconut flakes, honey

Chocolate Dragon

granola, banana, strawberry, coconut flakes, Nutella

Create your own bowl...

Signature Smoothies 20oz 10.50

Tropical Mango

mango, banana, pineapple, coconut milk, apple juice

Peach Sunrise

peach, pineapple, strawberry, orange juice, apple juice

Pina Colada

banana, pineapple, coconut, coconut milk

The One

banana, blueberry, strawberry, almond milk

Wake-up Call

banana, strawberry, cold brewed coffee, almond milk, peanut butter, honey

Kiwi Strawberry Bliss

kiwi, banana, strawberry, coconut milk, apple juice

Very Berry Acai

Acai, banana, blueberry, strawberry, coconut milk, apple juice

Sweet Tooth Tamer

spinach, blueberry, strawberry, chia seeds, cinnamon, unsweetened almond milk

Wellness Shots 2oz 4.25

The Cure

ginger, lemon, orange, garlic, turmeric, balsamic vinegar

IV

ginger, lemon,turmeric, cayenne pepper, honey, echinacea

Insomnia Helper

lemon, chamomile, valerian-roots, passionflower, honey

Coconut Bowls Sm 11.25/Lg 12.25

Coco Treat

granola, banana, strawberry, honey

Caribbean Coco

granola, banana, blueberry, strawberry, coconut flakes, honey

Strawberry Colada

granola, banana, strawberry, pineapple, coconut flakes, honey

Coco Nutty

granola, banana, strawberry, coconut flakes, Nutella

Almond Joy

granola, banana, coconut flakes, Nutella, almond butter

Fruit&Other Toppings Add on

.50

Banana, Blueberry, Kiwi, Mango, Strawberry, Pineapple, Sea moss extract, Chia seeds, Flaxseeds, Cocoa nibs

Wellness/Fitness Add on 1.00

Collagen peptides, Whey protein, Vegan protein, Sport Formula Multivitamin, Probiotics&Greens, Goji Berry, Granola



Fresh Juice 20oz 10.50

Focus

ginger, apple, kale, lemon, pineapple, spinach, sage

Ginger Zinger

ginger, apple, carrot, grapefruit, lemon

Green Goddess

apple, cucumber, celery, kale,lemon

Detox

ginger, apple, carrot, lemon, balsamic vinegar

Vision Repair

ginger, apple, beet ,carrot, celery, lemon

Immunity Supporter

ginger, carrot, lemon, orange, turmeric, echinacea, garlic-optional

Beet-Nik

apple, beet, carrot, celery, spinach

Recovery

ginger, carrot, celery, beet, lemon, orange, fennel

Minty Tummy Soother

ginger, cucumber, lemon, pineapple, mint

Skinny Genes

ginger, apple, celery, grapefruit, lemon, cayenne pepper





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www.theorganikbar.com info@theorganikbar.com

819 W Esplanade Ave Kenner

504 470-2241