

Smoothies

16oz 24oz
\$9 \$13

★ best sellers

★ Monkey Business

Coconut Water, Organic Banana, Medjool Dates, Walnuts, Peanut Butter, Cinnamon, Cardamon
+ add Protein – van. or choc. +\$2
+ add cold brew coffee +\$2

★ Ziggy Fresh

Coconut Water, Organic Mango, Pineapple, Avocado, Organic Kale, Organic Turmeric

★ Tico Tuk

Coconut Water, Organic Mango, Peach, Organic Banana
Puerto Viejo

Coconut Water, Organic Mango, Pineapple, Ginger, Organic Banana, Turmeric

Coach's Colada

Coconut Water, Pineapple, Organic Banana, Coconut Flakes

Strawberry / Banana (Sloth Toes)

Coconut Water, Strawberry, Organic Banana

Add Ons

\$2

Coconut Flakes Peanut Butter
Cold Brew Protein
Extra Fruit Chia Seeds

\$4

Organic Açaí

Coffee

\$7

(hot)

Ethiopian Single-Origin Pour
Over Coffee

- +add Maple Cream \$2 (dairy unless specified)

(iced)

Ethiopian Cold Brew

- Black
- Horchata
- Maple w/ Maple Cream
- Coconut Water Infused

Homemade Iced Chai

\$9

The real deal. Homemade Chai

Add Ethiopian Coffee or Cold Brew (Dirty) +\$2

Signature Açaí Bowl

Playa Grande

\$14

Voted the best Acai Bowl in Wilmington.
Organic Açaí Banana Cinnamon Base with
Local Strawberry, Blueberry, Organic
Banana, Homemade Peanut Butter, Chia
Seeds, Coconut Flakes, Homemade GF
Granola

+ add Pineapple +2

+ add Kiwi +2



THE Avocado Toast

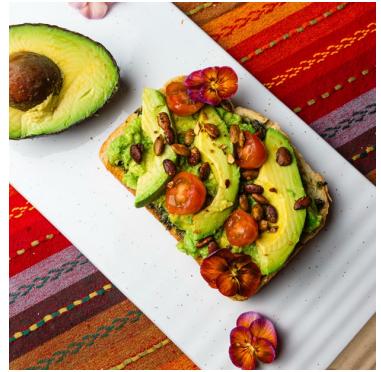
\$13

Absolute flavor blast. Avocado,
Homemade Pistachio and Brazilian Walnut
Pesto, Cherry Tomatoes, Baked &
Seasoned Pepitas, Shredded Parmesan
on Organic Sourdough (or GF Bread +\$1)

+ add Egg +\$2

+ add Goat Cheese +\$2

+ add Parm Crisps +\$2



Salads

Same Same, But Different

\$15

Organic Hydroponic Lettuce, Local
Strawberries, Apples, Walnuts, Dried
Cranberry, House Honey Maple Vinaigrette,
Goat Cheese*

+ add Avocado +\$2

+Seasoned Soy Protein Bites +3

+ add Roasted Chickpeas +2

*option to sub Parmesan



Green Goddess Caesar

\$14

Organic Hydroponic Lettuce, layered with
spiced roasted chickpeas, bright banana
peppers, parmesan crisps, baked & seasoned
pepitas, dressed in House Pesto Caesar
Dressing

+ add Avocado +\$2

+Seasoned Soy Protein Bites +3

+add Croutons +\$1

