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Dream Bowlz

2525 Bayfront Blvd., Suite F

Hercules, CA 94547

510-283-5145



SUPERFOOD CAFE & WELLNESS SHOP CATERING MENU



Feast on Fresh with
Dream Bowlz



Superfood Bowlz

15 bowlz / 10 bowlz

Choose Up To 2-3 Flavors

Dream Bowl

Base: Acai Berry Mix, Banana, Dream Moss, Flax Seeds, Peanut Butter, Apple Juice, Cashew Milk

Toppings: Granola, Strawberries, Banana, Blueberries, Flax Seeds, Peanut Butter, Honey

Nourish Bowl

Base: Acai Berry Mix, Banana, Dream Moss, Oats, Agave, Spinach, Oat Milk

Toppings: Granola, Banana, Blueberries, Chia Seeds, Honey

Fantasy Bowl

Base: Pitaya, Mango, Banana, Pineapple, Dream Moss, Vanilla Coconut Milk

Toppings: Granola, Strawberries, Pineapple, Shredded Coconut, Goji Berries, Honey

Sunrise Bowl

Base: Mango, Pineapple, Banana, Dream Moss, Tropicana Blend*, Vanilla Oat Milk

Toppings: Granola, Blueberries, Raspberries, Hemp Seeds, Honey

Day Dream Bowl

Base: Coconut, Pineapple, Banana, Dream Moss, Blue Spirulina, Vanilla Coconut Milk

Toppings: Granola, Mango, Raspberries, Shredded Coconut, Bee Pollen, Honey

Superfood Smoothiez

15 smoothiez / 10 smoothiez

Choose Up To 3 Flavors

Crown

Acai Berry Mix, Banana, Berrylicious Blend, Dream Moss, Spinach, Orange Juice, Oat Milk

Third-Eye

Pitaya, Mangos, Banana, Pineapple, Dream Moss, Blue Spirulina, Pineapple Juice, Vanilla Coconut Milk

Throat

Coconut, Pineapple, Banana, Dream Moss, Blue Spirulina, Pineapple Juice, Vanilla Coconut Milk

Heart

Pineapple, Banana, Matcha, Dream Moss, Spinach, Almonds, Dates, Pineapple Juice, Hemp Milk

Solar Plexus

Mangos, Pineapple, Banana, Dream Moss, Tropicana Blend, Pineapple Juice, Oat Milk

Sacral

Acerola, Mandarin, Pineapple, Mangos, Dream Moss, Hemp Seeds, Immunity blend, Orange Juice, Vanilla Coconut Milk

Root

Strawberry, Banana, Dream Moss, Beetroot Boost, Apple Juice, Oat Milk



Our Superfood Bowlz & Smoothiez are dairy-free, using plant-based milks with organic & locally sourced products whenever possible and are infused with our house-made, Dream Moss sea moss gel.

Made with the purest ingredients: No ice. No Sherbet. No artificial preservatives.

Drinkz / Snackz

Organic Coffee

Peerless Organic Fair-Trade Classic French Roast Blend - 96oz

Grab n Go Snackz

Chips, Pirate Booty, GFB Snacks, Tosi Bars, Dried Mangos

Vegan Cookies

Vegan oatmeal or peanut butter cookies

Grab n Go Fruit

Banana, Orange, Apple

Grab n Go Drinkz

Yerba Mate, Coconut Water, Lemonade, Orange Juice, Apple Juice

Grab n Go Water

Water

Now scheduling private small biz/corporate health & wellness sessions

Healthy Bitez

Dreamcado Toast

Multi Grain Toast, Avocado, Fresh Lemon, Black Sesame Seeds, Avocado Oil, Pink Himalayan Salt, Crushed Black Pepper, Red Pepper Flakes
Add Coconut Bac'n

Nut Butter Toast

Multi Grain Toast, Nut Butter (peanut or almond), Bananas, Flax Seeds & Honey

Cinnamon Roll

Vegan cinnamon roll

Rainbow Fruit Cup

Seasonal Cup of Fresh Fruit

Dream Parfait

Coconut yogurt, pitaya, granola, honey, strawberries, bananas

Dream Oats

Organic Steel Cut Oatmeal made with Oat Milk, Acai, Vanilla & Maple Syrup / Topped with Honey, Banana & Almond Slivers

