

THE WAVE

bowls & more

ORDER NOW

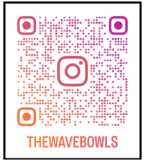


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FRUIT BOWLS \$12 REGULAR (16 OZ) \$9 SMALL (12 OZ) WAVE FAVORITE COMBINATIONS

BASE (CHOOSE 1)	FRUIT (UP TO 3)	TOPPING (UP TO 3)
ACAI	STRAWBERRY	COCONUT FLAKES
PITAYA	BANANA	PEANUT BUTTER
BLUE PARADISE	MANGO	SWEET CONDENSED MILK
COTTAGE CHEESE	PINEAPPLE	COCONUT NECTAR
YOGURT	BLUEBERRY	CHOCOLATE CHIPS
	KIWI +\$1	CHIA SEEDS
		+\$1 COCAU NIBS
		GRANOLA
		GRANOLA GF
		NUTELLA
		AGAVE
		RAW HONEY
		+\$1 ALMOND BUTTER
		+\$1 GOJI BERRIES

\$0.75 per topping or fruit after 3

	THE WAVE	THE 1965	PURA VIDA
ACAI	Strawberry	Strawberry	Strawberry
	Banana	Banana	Pineapple
	Blueberry	Nutella	Mango
BLUE PARADISE	BLUE JADE	HIGH TIDE	
	Mango	Pineapple	
	Banana	Blueberries	
	Pineapple	Condensed Milk	
PITAYA	LOCALS ONLY	ART DISTRICT	
	Strawberry	Strawberry	
	Blueberry	Kiwi +\$1	

ALL INCLUDE: Granola, Coconut Flakes
CHOICE OF: RAW HONEY, AGAVE, OR COCONUT NECTAR

SALAD BOWLS \$12 REGULAR (16 OZ) \$9 SMALL (12 OZ)

BASE	FRUIT / VEGGIE (UP TO 3)	TOPPING (UP TO 3)	DRESSING (CHOOSE 1)
SPINACH	CUCUMBER	COCONUT FLAKES	RASBERRY VINAGERETTE
<u>OR</u>	STRAWBERRY	CHIA SEEDS	BLUE CHEESE
HALF & HALF	BANANA	GRANOLA	RANCH
SPINACH &	MANGO	GRANOLA GF	HONEY MUSTARD
COTTAGE CHEESE	PINEAPPLE	+\$1 MINT	
	BLUEBERRY	+\$1 COCAU NIBS	
	KIWI +\$1	+\$1 GOJI BERRIES	
		+\$4 CHICKEN BITES (4 pc)	

BAKED CHICKEN \$6

6 PC. LIGHTLY
BREADED CHICKEN
BREAST CHUNKS
Includes one dressing:
Ranch, Honey Mustard, or Blue Cheese



4 PC.
CHICKEN & WAFFLES



EMPANADAS \$5

CHICKEN
BEEF
PORK
CHEESE



LOCALLY MADE - BAKED

SAUCE (\$0.75 ea)

GARLIC
PINK
VERDE

SIDES & SNACKS

HUMMUS \$5

CUCUMBER CHIPS or SUN CHIPS
+\$1 - THAI SPICY GARLIC

BAKED FRENCH FRIES \$3.50

SUNCHIPS \$2

TOASTS \$6

BANANA CRUNCH
Organic Peanut Butter,
Banana, Honey, Cocau Nibs



CREAMY BERRY
Low Fat Ricotta,
Strawberries, Mint
Blueberries, Coconut Nectar



MEDITERRANEAN
Hummus, Tiki Masala Paste,
Cucumber, Chia Seeds



SMOOTHIES \$8 REGULAR (16 OZ) \$6 SMALL/KIDS (9 OZ)

ALOHA
Strawberry
Banana

TROPIC
Pineapple
Mango
Banana

OASIS
Peanut Butter
Banana
Chocolate Chips

OCEAN
Blueberry
Mango
Banana

DAIQUIRIS & COLADAS HAVE NO BANANA

STRAWBERRY PARADISE
Strawberry Daiquiri

PINEAPPLE BEACH
Piña Colada

MANGO MAMA
Mango Daiquiri

ALL WAVE SMOOTHIES CONTAIN: GREEK YOGURT, SWEET CONDENSED MILK, COCONUT WATER, AND ALMOND MILK

BEVERAGES

FRESH SUGAR CANE JUICE \$8

Lime Optional

Add Crushed Fruit \$1 ea
Strawberry Blueberry
Mango Pineapple



ICED TEA

Regular 16 oz \$3 Large 24 oz \$4
Sweet, Unsweet, Lemon Optional
Organic, Non-GMO Black Tea
Customize: Crushed Fruit \$1 4 oz Guarapo \$3

BOTTLE / CAN

\$2 SPRITE, COKE, DIET COKE, GUARANA
LIME SPARKLING, GATORADE
\$3 COCONUT WATER
\$3 TRACTOR SUGAR CANE BASED JUICE
PEACH/MANGO, STRAWBERRY/DAGON FRUIT
\$1.50 BOTTLED WATER

Warning: Our facility prepares and serves foods in an environment where tree nuts and ground nuts are present. If you have a food allergy, please inform your server prior to ordering.