



FROZEN FRUIT BOWLS	\$12 REGULAR (16 OZ)	\$9 SMALL (12 OZ)
BASE (CHOOSE 1)	FRUIT (UP TO 3)	TOPPINGS (UP TO 3) \$0.75 per topping or fruit after 3
ACAI	STRAWBERRY	COCONUT FLAKES
PITAYA	BANANA	PEANUT BUTTER
BLUE PARADISE	MANGO	SWEET CONDENSED MILK
COTTAGE CHEESE	PINEAPPLE	COCONUT NECTAR
YOGURT	BLUEBERRY	CHOCOLATE CHIPS
SALAD BOWL	KIWI +\$1	CHIA SEEDS
SPINACH	CUCUMBER	ALMOND MILK
SALAD DRESSING (CHOOSE 1)		+\$1 COCAU NIBS
RASBERRY VINAGERETTE, BLUE CHEESE		
RANCH, HONEY MUSTARD		

WAVE FAVORITE COMBOS		
THE WAVE	THE 1965	PURA VIDA
Strawberry	Strawberry	Strawberry
Banana	Banana	Pineapple
Blueberry	Nutella	Mango
BLUE JADE	HIGH TIDE	What is it? Coconut, pineapple, mango & blue spirulina algae
Mango	Pineapple	
Banana	Blueberries	
Pineapple	Condensed Milk	
LOCALS ONLY	ART DISTRICT	What is it? Dragon fruit
Strawberry	Strawberry	
Blueberry	Banana	
	Kiwi +\$1	

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

SMOOTHIES \$8 REGULAR (16 OZ) **POPSICLE \$4 (FOR SELECT FLAVORS)

FRUITS AND VEGGIES

- **ALOHA** Strawberry, Banana
- **TROPIC** Pineapple, Mango, Banana
- **OCEAN** Blueberry, Mango, Banana
- BREEZE** Spinach, Pineapple, Banana

DAIQUIRI & COLADA - NO BANANA

- STRAWBERRY PARADISE
- PINEAPPLE BEACH
- MANGO MAMA

BOWL BASE BEAUTIES!

- BLUE PARADISE
- PITAYA
- **ACAI**
- LAVENDAR LEMON ACAI
- BLACKBERRY PITAYA
- VANILLA BLUE PARADISE

SWEET TREATS

- **OASIS** Peanut Butter, Banana, Choc Chips
- BANANA CREAM
- COOKIES & CREAM
- CAFE MOCHA
- VANILLA LATTE

ADD: WHEY (15G) OR VEGAN (11G) PROTEIN +\$1.50/SCOOP
ADD: WHIP CREAM +\$0.50

WAVE SMOOTHIE BASE MIX CONTAINS: GREEK YOGURT, SWEET CONDENSED MILK, COCONUT WATER, AND ALMOND MILK

YUMMY STUFF TO EAT

EMPANADAS

- CHICKEN
- BEEF
- CHEESE
- HANDMADE LOCALLY - BAKED
- ADD SAUCE +\$0.75 :
- GARLIC, PINK, OR SPICY VERDE

CHICKEN BITES

- LIGHTLY BREADED CHICKEN
- BREAST - BAKED

6 PIECE BITES \$6

INCLUDES 1 SAUCE: HONEY MUSTARD, RANCH, BLUE CHEESE

MINI CHICK & WAFFLES \$6

TASTY TOASTS!

BANANA CRUNCH \$6

Organic Peanut Butter, Banana, Honey, Cocau Nibs

CREAMY BERRY \$6

Low Fat Ricotta, Strawberries, Mint Blueberries, Coconut Nectar

MEDITERRANEAN \$6

Hummus, Tiki Masala Paste, Cucumber, Chia Seeds

AVOCADO \$9

Fresh Avocado, Strawberries, Balsamic Drizzle



24 OZ SHAVED ICE DRINKS \$5

- Lavender Lemon Fizz: A cool, floral-citrus spritz
- Cherry Chocolate Bliss: Dessert in an icy drink—playful and decadent
- Blackberry Blue Cooler: Bold berry refreshment with a twist.
- Berry Citrus Cooler: Fruity, tangy, and thirst-quenching.
- Tropical Vanilla Dream: Pure vacation vibes, extra smooth
- Grape Lavender Soda: Purple, pretty, unexpectedly posh.
- Tiger's Vanilla Rush: Wild flavor, smooth finish—a Wave favorite!

MADE WITH YOUR CHOICE OF SPRITE OR SPARKLING WATER

SHAVED ICE (SNOWCONE)

- CHERRY
- BLUE RASBERRY
- GRAPE
- PIÑA COLADA
- LEMON-LIME
- TIGERS BLOOD

Best with two flavors, pick max of four

THE WAVE LOVES DOGS!!!!

- PUP-SICLE - yogurt, peanut butter, banana, milk bone
- BARK bark - ask about our flavor of the month!
- \$2 ea .. OR FREE with purchase when you bring your dog to the Wave!

BEVERAGES

BOTTLE / CAN

- \$2 SPRITE, COKE, DIET COKE,
- LIME SPARKLING WATER, GATORADE
- \$1.50 BOTTLED WATER
- \$3 COCONUT WATER
- \$4 VANILLA COLD BREW OAT LATTE

SHIMMERING MOCKTAILS

- ANY AGE (INCLUDE WHIP CREAM)
- \$5 SHIMMERING SHIRLEY TEMPLE
- \$5 RADIANT ROY ROGERS

ICED TEA

Regular 16 oz \$3

Large 24 oz \$4

Sweet, Unsweet, Lemon Optional
Organic, Non-GMO Black Tea

Customize: Crushed Fruit \$1

Flavor: lavender lemon, blackberry, cherry

SIDES & SNACKS

- \$5 HUMMUS (chips or cucumber slices)
+\$1 Add Thai Spicy Garlic
- \$3 MINI (3 oz) FRESH FRUIT CUP
- \$2 CHIPS or COOKIES

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.