

🍹 CLASSIC YOGURT PARFAIT \$6.49

Greek yogurt, house granola, sliced banana, sliced kiwi, agave (324 cal)

🍹 BUILD YOUR OWN SMOOTHIE (16 oz) \$6.49

1. JUICE/MILK

- Orange (110 cal)
- Almond Milk (40 cal)
- 2% Milk (77 cal)
- Oat Milk (160 cal)
- Apple Juice (110 cal)
- Cranberry Juice (110 cal)

2. PROTEIN

- Avocado (45 cal)
- Greek Yogurt (30 cal)
- Almond Butter (190 cal)

3. CHOOSE ANY THREE

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|-----------------------|-----------------|--------------------|
| Blueberries (23 cal) | Lemon (7 cal) | Pineapple (27 cal) |
| Mango (48 cal) | Spinach (7 cal) | Banana (40 cal) |
| Strawberries (17 cal) | Carrot (17 cal) | Apple (21 cal) |

PREMIUM ADD-INS + \$0.64 each

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|-------------------------|----------------------|--------------------------|
| Ginger (2 cal) | Avocado (80 cal) | Chia Seeds (116 cal) |
| Turmeric (9 cal) | Coconut (60 cal) | Hemp Seeds (103 cal) |
| Honey (64 cal) | Flax Seeds (108 cal) | Protein Powder (104 cal) |
| Almond Butter (186 cal) | | |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.