acaí bowls

= ingredients are always organic or locally & sustainably produced.

BERRY BOWL
Blended: **ACAÍ,** BANANA, STRAWBERRIES, & APPLE JUICE
Toppings: BANANA, FRESH BERRIES, **GOJI BERRIES,** **GRANOLA** & **HONEY**
Sm: **$6.85** Lg: **$8.25**

ISLAND BOWL
Blended: **ACAÍ,** BANANA, MANGO, PINEAPPLE JUICE & **COCONUT MILK**
Toppings: BANANA, FRESH BERRIES, **COCONUT SHAVINGS,** **GRANOLA** & **HONEY**
Sm: **$6.85** Lg: **$8.25**

GREEN BOWL
Blended: **ACAÍ,** BANANA, BROCCOLI, SPINACH, GINGER, LIME JUICE & APPLE JUICE
Toppings: STRAWBERRIES, BLUEBERRIES, **GRANOLA** & **HONEY**
Sm: **$6.85** Lg: **$8.25**

THE ORIGINAL
Blended: **ACAÍ,** BANANA, STRAWBERRIES, & APPLE JUICE
Toppings: BANANA, **GRANOLA** & **HONEY**
Sm: **$5.50** Lg: **$7.00**

BACKYARD BOWL
Blended: **ACAÍ,** **ACEROLA,** BANANA, STRAWBERRY & HEMP MILK
Toppings: BANANA, FRESH BERRIES, **GOJI BERRIES,** **BEE POLLEN,** **GRANOLA** & **HONEY**
Lg only: **$9.15**

DIEGO'S POWER BOWL
Blended: **ACAÍ,** BANANA, STRAWBERRY, HEMP PROTEIN, **PEANUT BUTTER,** & HEMP MILK
Toppings: BANANA, HEMP SEEDS, **GRANOLA** & **HONEY**
Sm: **$7.75** Lg: **$9.15**

DAN'S SPECIAL BOWL
Blended: **ACAÍ,** BANANA, MANGO, CARROTS, SPINACH, & APPLE JUICE *(Sits on a bed of **yogurt**)*
Toppings: BANANA, STRAWBERRY, **GOJI BERRIES,** **ALMONDS,** HEMP SEEDS, **GRANOLA** & **HONEY**
Lg only: **$9.15**

BED OF YOGURT
A BED OF FRESH ORGANIC NON-FAT STRAUS CREAMERY **YOGURT** & THE BOWL OF YOUR CHOICE
Add: **$2.00 to price of bowl**

breakfast bowls

ULTIMATE OATMEAL BOWL
STEEL CUT OATS, HOME-MADE **CASHEW MILK,** **CINNAMON,** & **RAISINS,** TOPPED WITH **ALMONDS,** ONE FRESH FRUIT OF YOUR CHOICE, & CHOICE OF **HONEY,** **BROWN SUGAR,** OR **AGAVE NECTAR.**
One size: **$6.25**

HOT QUINOA BOWL
QUINOA, HOME-MADE **CASHEW MILK,** **CINNAMON,** & **RAISINS,** TOPPED WITH **WALNUTS,** STRAWBERRIES, BLUEBERRIES, & **AGAVE NECTAR.**
One size: **$6.25**

SPARTAN MUESLI
ROLLED OATS, FRESH-GROUND **FLAX SEEDS,** **ALMONDS,** **WALNUTS,** **DRIED FRUITS,** **RAISINS,** & HOME-MADE **CASHEW MILK,** TOPPED WITH BANANAS, FRESH BERRIES, HEMP SEEDS & **HONEY.**
One size: **$6.25**

YOGURT BOWL
FRESH STRAUS YOGURT TOPPED WITH GRANOLA, BANANA, FRESH BERRIES & **HONEY.**
One size: **$6.50**

GRANOLA BOWL
A HEARTY BOWL OF GRANOLA TOPPED WITH BANANA, FRESH BERRIES, & **LOW-FAT MILK.**
One size: **$5.00**

COTTAGE CHEESE BOWL
LOW-FAT COTTAGE CHEESE, FRESH BERRIES, HEMP SEEDS, & **HONEY**
One size: **$6.50**

smoothies

= ingredients are always organic or locally & sustainably produced.

ACAÍ
ACAÍ, BANANA, STRAWBERRY, BLUEBERRIES & APPLE JUICE

AMAZON CHERRY
ACEROLA, BANANA, STRAWBERRIES, & ORANGE JUICE

TROPICAL GINGER
PINEAPPLE, MANGO, BANANA, GINGER, **HONEY**, **COCONUT MILK** & PINEAPPLE JUICE

BREKKIE
BANANA, STRAWBERRY, **GRANOLA**, **YOGURT**, **HONEY** & **LOW-FAT MILK**

POPEYE
BROCCOLI, SPINACH, BANANA, STRAWBERRY, GINGER, **HONEY**, LIME JUICE, & APPLE JUICE

CARROT
CARROT, PINEAPPLE, MANGO, **YOGURT**, **HONEY**, ORANGE JUICE & **SOY MILK**

GOJI
GOJI BERRIES, STRAWBERRIES, BLUEBERRIES, **YOGURT** & ORANGE JUICE

PEANUT BUTTER
PEANUT BUTTER, BANANA, APPLE, **YOGURT**, **HONEY** & **LOW-FAT MILK**

All Smoothies
Sm: **$4.25** Lg: **$5.25**

Add

BEE POLLEN: **$.50**
HEMP PROTEIN: **$.50**
HEMP SEEDS: **$.50**
FRESH GROUND FLAX SEEDS: **$.50**
PEANUT BUTTER: **$.50**
EXTRA GRANOLA: **$.50**
EXTRA HONEY: **$.50**
MACA: **$.75**
HOME-MADE CASHEW MILK: **$.75**
HOME-MADE HEMP MILK: **$.75**
CRUSHED LOCAL ALMONDS: **$.75**
SPLASH OF YOGURT: **$.75**
SPLIT IN 2 BOWLS: **$.75**

The Following Items Are Always 100% Organic:

* **Acaí**
* **Hemp Granola**
* **Straus Yogurts**
* **Goji berries**
* **Acerola**
* **Steel-Cut Oats**
* **Rolled Oats**
* **Coconut Shavings**
* **Peanut Butter**
* **Quinoa**
* **Flax Seeds**
* **Maca**
* **Cashews**
* **Cinnamon**
* **Soy Milk**
* **Coconut Milk**
* **Low-Fat Milk**

All other ingredients vary seasonally

The Following Items Are Always Locally & Sustainably Produced:

* **Almonds** *Avila & Sons Farms*
* **Dried Fruits** *Avila & Sons Farms*
* **Walnuts** *Rancho La Vina*
* **Raisins** *Peacock Farms*
* **Honey** *San Marcos Farms*
* **Bee Pollen** *San Marcos Farms*

All other ingredients vary seasonally

backyard bowls
BETTER LIFE THROUGH BETTER FOOD

Our Sustainable Business Practices:

* We compost all food scraps.
* All to-go products are made from renewable resources (i.e. corn and potatoes), and are biodegradable and/or compostable.
* We use many local and organic ingredients.
* We used earth-friendly paints, and recycled furniture and fixtures in our construction.
* We use eco-friendly printing options whenever possible.
* We minimize electricity usage at every opportunity.
* We minimize and recycle our in store waste.