

## ACAI BOWLS

acai berries help improve heart health, aid in weight loss, skin care & digestion | \$9.50

**CALM:** *inner peace*

acai, banana & mixed berries topped with granola, shredded coconut, fresh fruit & honey

**BLISS:** *balance*

acai, banana, strawberries & peanut/almond butter topped with granola, shredded coconut, cacao nibs & honey

**STRONG:** *personal power*



acai, almond milk, banana, pineapple, spinach & kale topped with granola, chia seed, fresh fruit & agave

## SMOOTHIE BOWLS

packed with nutrients & antioxidants | \$9.50

**RISE:** *start your day off right!*

coffee, choc/van protein, cacao powder, banana & flax seed oil topped with granola, cinnamon, cacao nibs & honey

**DANCE:** *embody joy*

coconut milk, beets, ginger, mango, strawberry & banana topped with granola, fresh fruit, shredded coconut & honey

**FLOW:** *create space*

almond milk, banana, peanut butter, cacao & flax seed oil topped with fresh fruit, sliced almonds, coconut & honey

All the bowls are named after our signature yoga classes. Take a class & enjoy a bowl!

Any bowl can be customized!

## PITAYA BOWLS

dragon fruit improves digestion, immune system, lowers cholesterol & boosts energy | \$9.50

**SOUL:** *journey*

pitaya, coconut water, banana & strawberries topped with granola, shredded coconut, fresh fruit & honey

**SPIRIT:** *recenter*

pitaya, coconut water, banana, pineapple & mango topped with granola, shredded coconut, hemp seed & agave



**RESTORE:** *realign*

pitaya, almond milk, banana, almond butter, strawberry & cacao powder topped with granola, cacao nibs, fresh fruit & honey

## YOGURT BOWL

considered a superfood with calcium, protein & pre-probiotics | \$9.50

**SUPPORT:** *harmony*

local yogurt topped with granola, fresh fruit, nut butter & seed of choice

## QUINOA BOWL

gluten-free, high in fiber & protein | \$9.50

**ALIGN:** *ground & awaken*

quinoa with roasted sweet potato, hemp seed, greens, banana & honey

## BREAKFAST ALL DAY!

**OATMEAL:** \$5.50

**GLUTEN-FREE PROTEIN WAFFLE:** \$8.50

**ORGANIC EGGS:** \$7.50

omelet | wrap | sandwich