

Fresh

SMOOTHIES

THE NOTORIOUS B.A.C. | 10

Banana, Peanut Butter,
Organic Chocolate Plant Protein, Almond Milk
**Add Nitro Cold Brew on tap \$1.00*

THE BLUES TRAVELER | 12

Bananas, Blueberries, Blue Spirulina,
Vanilla Plant Protein, Coconut Milk

GREENFORD & SONS | 11

Spinach, Mango, Pineapple,
Vanilla Plant Protein, Coconut Milk

THE FRUITS & THE MAYTALS | 11

Banana, Mango, Pineapple, Strawberry,
our Fresh Squeezed Orange Juice

THE BERRY MANILOW | 9

Strawberry, Banana, Peanut Butter, Almond Milk

B.Y.O. SMOOTHIE | 8

Yo body, Yo smoothie.
choose 3 Fruits + 1 Base

FRUITS

Banana, Mango,
Strawberry, Blueberry,
Pineapple

BASES

Almond milk,
Coconut milk, Oat milk
Fresh Squeezed OJ

SMOOTHIE ADD ONS

Almond Butter, Peanut Butter, PB Fit,
Plant Protein (Chocolate, Vanilla), Turmeric
Blue Spirulina
Coconut, Cold Brew
Chia seeds, Flax Seeds, Spinach