

# BLENDS

## SUPERFOOD SMOOTHIES

### THE DAWN

Strawberry, Banana, Blueberry  
 Raw Honey, Milk. **\$8.49**

### SCARLET SILK

Mixed Berries, Strawberry Raw  
 Honey, Greek Yogurt. **\$9.49**

### GREEN GROOVE

Apple, Spinach, Pineapple, Blue  
 Spirulina, Banana. **\$9.49**

### THE ECLIPSE

Cocoa, Peanut Butter, Raw  
 Honey, Milk. **\$8.49**

### MIDNIGHT MOON

Vanilla Beans, Chocolate Cookies,  
 Chocolate Drizzle, Milk. **\$8.49**

### NUTTY MONK

Banana, Peanut Butter, Flax  
 Seeds, Raw Honey, Milk. **\$8.49**

### ISLAND VIBES

Pineapple, Coconut Milk, Lime  
 Juice, Raw Honey. **\$8.49**

### TROPICAL CURRENT

Papaya, Mango, Pineapple,  
 Strawberries, Raw Honey. **\$9.49**

### SUMMER GLOW

Mango, Milk, Chia Seeds, Raw  
 Honey, Collagen. **\$11.49**

Add Enhancers \$2 | Whey Protein Isolate • Vegan Plant Protein • Collagen • Flax+Chia Seeds • Blue Spirulina  
 \*MAKE YOUR DRINK LARGE \$2\*

## REFRESHERS M:\$5.49 / L:\$7.49

Tea-Based Drinks Enhanced with **Caffeine, Electrolytes, and Amino Acids**  
 \*Standard Sugar-Free

### PINEAPPLE TWIST

Bright pineapple, with a tangy kick

### CONCORD GRAPE

Bold and rich grape flavor

### TROPICAL PUNCH

Island fruits with a citrus kick

### CITRUS SPRITZ

Orange rush with a burst

### BLUE RASPBERRY

Electric, tart, sweet, iconic

### WATERMELON POP

Cool watermelon with an edge

## MILK TEAS M:\$6.95 / L:\$8.95

\*Substitute milk with almond or oat milk  
 \*\*Sweetness options: Monk fruit, sugar or both

-Boba Pearls (+1)  
 -Cheese Foam (+1)

### CLASSIC

Black Tea (Sri Lanka), Milk,  
 Brown Sugar

### MATCHA

Ceremonial Matcha (Japan),  
 Milk, Brown Sugar

### TARO

Jasmine Tea (China), Milk, Taro  
 Concentrate, Brown Sugar

### THAI

Black Tea (Sri Lanka), Condensed  
 Milk, Spices, Milk

### TIGER

Brown Sugar Syrup, Tapioca,  
 Cheese Foam, Milk

### SIGNATURE

Black Tea (Sri Lanka), Espresso,  
 Milk, Brown Sugar

### MANGO GREEN TEA

Jasmin Tea (China), Mango,  
 Brown Sugar

### ARTESANAL TEA

-Jasmine Green Tea **\$4.95**  
 -Ceylon Black Tea **\$4.95**

## COFFEES

ESPRESSO SHOT **\$2.49**

AMERICANO **\$2.99**

ICE COFFEE **\$3.49**

CAPPUCCINO **\$3.49**

ICE BLENDED **\$4.95**

MOCHA MACCHIATO **\$6.95**

 BROWN SUGAR LATTE **\$6.95**

# CRAFTS

## PROTEIN WAFFLES

Fluffy waffles, bold flavor, **15g** protein each.

### FULLY STACKED

2 chocolate chip waffles, fresh fruits, whipped cream, and chocolate + pb drizzle. **\$15.95**

### COCOA MADNESS

Cocoa waffle, chocolate chips, topped with caramel. **\$9.49**

### PEANUT BUTTER

PB waffle finished with chocolate drizzle. **\$9.49**

### CHOCOLATE CHIPS

Classic waffle filled with chocolate chips topped with chocolate drizzle. **\$8.95**

### MATCHA

Smooth matcha waffle, topped with chocolate drizzle. **\$9.49**

### TARO

Soft waffle blended with taro, finished with caramel. **\$9.49**

*Add-ons \$1 | Chocolate drizzle • Caramel drizzle • Raw honey • Condensed milk • Extra whipped cream • Peanut butter swirl • Crushed Oreos • Chocolate chips • Banana slices • Fresh strawberries*

## MINI DONUTS

Light, guilt-free **10g** protein per serving (X6)

### CINNAMON PUFF

Sweet, fluffy, dusted in nostalgic cinnamon sugar. **\$5.95**

### DOUBLE CHOCOLATE

Velvety chocolate base with chocolate drizzle. **\$5.95**

### PEANUT BUTTER

Peanut butter-infused donut drizzled with chocolate. **\$5.95**

### TARO

Classic with taro creaminess and caramel on top. **\$6.49**

### MATCHA

Donut infused with matcha with chocolate drizzle. **\$6.49**

### COOKIES AND CREAM

Cookies & cream base, crushed cookies, chocolate drizzled. **\$5.95**

## PARFAITS/ PROTEIN BOWLS

Greek yogurt loaded with toppings **25g** protein

### CLASSIC

Banana and strawberries, granola, raw honey, and chia seeds. **\$8.49**

### CHOCOLATE BANANA CRUNCH

Banana, chocolate chips, granola and chocolate drizzle. **\$8.49**

### COOKIES AND CREAM

Multiple layers of cookies, topped with more cookies, chocolate drizzle. **\$8.49**

### TARO

Taro-infused, banana, strawberries, granola, raw honey, and chia seeds. **\$8.95**

## ACAI BOWLS

### THE OG

Granola, banana, strawberry, raw honey and chia seeds. **\$10.95**

### PB & C

Granola, banana, chocolate chips and pb + chocolate drizzle. **\$10.95**

## PROTEIN RAMEN *Plant based 20g protein*

### LIME CHILI CHICKEN

High-protein ramen with zesty lime, spicy chili, and savory chicken flavor. **\$5.95**

### BRAISED BEEF

High-protein ramen with bold, slow-simmered braised beef flavor. **\$5.95**