

SMOOTHIE BOWLS & BREAKFAST BOWLS

PINKY SWEAR BOWL (VG, GF) calories: 330 **9.50**
oat milk, strawberry, banana, date. topped with strawberry, banana, toasted almond crumble, goji berries.

SUNSET BOWL (VG, GF) calories: 400 **11.25**
oat milk, pineapple, banana, mango, lime. topped with banana, coconut, goji berries, mango.

COCO-NUT-BUTTER BOWL (V, GF) calories: 440 **11.25**
oat milk, banana, almond butter, date. topped with frozen blueberry, toasted almond crumble, banana, bee pollen

AÇAÍ BOWL (VG, GF) calories: 530 **12.25**
oat milk, acai, banana, strawberry and date. topped with banana, cacao nib, strawberry, coconut

OVERNIGHT OATS (V, GF) calories: 440 **8.95**
GF oats, oat milk, almond butter, strawberry, honey, banana, almond crumble

- LOCATIONS -

205 S. STRATFORD ROAD, WINSTON-SALEM | OPTIMIST HALL, CHARLOTTE |
WAKE FOREST UNIVERSITY, WINSTON SALEM | ELON UNIVERSITY, ELON |
| UNIVERSITY OF SOUTH CAROLINA, COLUMBIA

BOOSTERS: BLEND-IN SUPERFOODS | GREENS | PROTEINS

ACAI (\$2)	COLD BREW (\$1)
ALMOND BUTTER (\$1)	COLLAGEN (\$1.50)
AVOCADO (\$1)	KALE (\$1)
BANANA (\$.50)	MANGO (\$.85)
BLUEBERRY (\$1)	PEA PROTEIN (\$1.50)
CACAO POWDER (\$1)	PINEAPPLE (\$.85)
CACAO NIBS (\$1)	SPINACH (\$1)
CASHEW BUTTER (\$1)	STRAWBERRY (\$1)
CHIA SEEDS (\$.50)	

Extra Bowl Toppings

ALMOND BUTTER (\$1.10)	COCONUT CHIPS (\$1)
ALMOND CRUMBLE (\$.85)	GOJI BERRIES (\$1)
BANANA (.50)	PUMPKIN SEEDS (\$1)
BEE POLLEN* (.55)	STRAWBERRIES (\$1)
BLUEBERRY (1)	MANGO (\$1)
CACAO NIBS (\$1)	
CHIA SEEDS (\$.50)	

All products in this facility may contain allergens. Please notify us if you have any food or nut allergies.

SALAD & GRAIN BOWLS

HEARTY & HEALTHY SALADS WITH HEAPING PORTIONS OF ORGANIC GREEN GOODNESS

HERB & PUMPKINSEED (V, GF) calories: 420 11.95

avocado, fresh herbs, kale, parmesan cracker, cucumber, mixed greens, fresh cherry tomato, marinated red onion, edamame, pumpkin seeds **dressing:** maple basil

VILLAGE COBB (GF) calories: 760 12.95

roasted chicken, thick cut bacon, hard boiled egg, fresh cherry tomato, avocado, green onion, crumbled cheese, sweet corn, romaine **dressing:** village ranch or avo-goddess

TROPICAL CHICKEN calories: 430 12.95

roasted chicken, fresh mango, honey sesame roasted cashews, cilantro, sesame-dusted goat cheese medallions, romaine **dressing:** cilantro lime ginger |

FARMER'S DAUGHTER (GF) calories: 550 10.95

roasted chicken, sweet potato, green apple, spiced almonds, brown rice, choice of kale or spinach **dressing:** balsamic dijon and roasted carrot vinaigrette

MISO BOWL (VG, GF) calories: 470 9.95

red peppers, carrot, pumpkin seeds, avocado, nori seaweed, edamame, brown rice, choice of kale or spinach **dressing:** miso ginger

SOUTHWEST (V, GF) calories: 572 11.25

black beans, mango salsa, avocado, sharp cheddar, romaine, sweet corn, cilantro, brown rice, green onion, poblano salsa **dressing:** avo- goddess

MEDITERRANEAN (V, GF) calories: 570 11.95

spiced chickpeas, feta, mixed greens, cherry tomato, cucumber, quinoa, parsley, romaine **dressing:** lemon garlic

Add-ons: roasted chicken (\$2), #over easy egg (\$1), avocado (\$1), thick cut bacon (\$1.5)

Fresh & Delicious | Made From Scratch | Organic Greens |
Local Farmers | Vegan & GF Options
No Canola | No Refined Sugars |

BUILD YOUR OWN BOWL + 9

CUSTOMIZE YOUR BOWL

CHOICE OF 2 BASES - GREENS & GRAINS

UP TO 4 TOPPINGS + HOUSEMADE DRESSING

may be cooked to order. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

SMOOTHIES

DAIRY FREE + VEGAN

MOCHA-NANA (VG, GF) calories: 280 8.95
oatmilk, cold brew coffee, cacao, banana, date

PINKY SWEAR (VG, GF) calories: 320 8.95
oat milk, strawberry, banana, date

SUNSET (VG, GF) calories: 400 9.25
oat milk, pineapple, banana, mango, lime

CURIOUS GEORGE (VG, GF) calories: 450 8.95
oat milk, cacao nibs, almond butter, banana, date

GREEN COCO (VG, GF) calories: 270 9.95
oat milk, mango, cucumber, spinach, kale, fresh mint, banana

SUPER BLUE (GF) calories: 480 9.95
oat milk, blueberry, almond butter, date, chia seed, banana, collagen

Clean Food, Raw Juice
Superfoods to make you feel super human.

TOASTS & WRAPS

NUT BUTTER & BANANA (V) calories: 550 9.25
cashew butter, banana, honey

BASIL, BACON & TOMATO calories: 210 10.95
thick cut bacon, tomato, basil with housemade avocado spread

AVO VEGAN (VG) calories: 260 10.50
housemade avocado spread, marinated red onion, herb oil, microgreens

BACON, CHICKEN, AVOCADO WRAP 12.95
calories: 780
roasted chicken, thick cut bacon, heirloom tomato, melted sharp cheddar, avocado & housemade ranch wrapped in a flour tortilla and lightly toasted.

Add-ons: roasted chicken (\$2), #over easy egg (\$1), avocado (\$1), thick cut bacon (\$1.5)

V: vegetarian | GF: gluten free | VG: vegan |

may be cooked to order. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.