



# MENU

## Acai Bowls:

### Montauk Bowl:

- Acai or Pitaya blended with pineapple juice topped with granola, banana, mango, coconut and honey.



### PB&J Bowl:

-Acai or Pitaya blended with soymilk and peanut butter, topped with granola, banana and strawberries.



### Traditional Rio Bowl:

-Acai or Pitaya blended with apple juice, topped with granola and banana.



### < 500 Calorie Bowl:

-Unsweetened acai or Pitaya blended with coconut water, topped with granola, banana, and fresh blueberries.



### The Earth Bowl:

- Whole Banana, fresh kale and fresh spinach blended with a splash of pineapple juice to make a base with a beautiful bright green color. It is topped with granola, banana and honey.



### Build Your Own Bowl:

-Acai, Pitaya or "Green"(the Earth Bowl's base) to be blended with the customer's choice of juice, topped with the customer's choice of toppings. Complementary honey or agave to be drizzled on top. There is tens of thousands of different bowl possibilities.



## Smoothies:

### The Go-Two:

-Blended banana, frozen fresh strawberry, soymilk and strawberry yogurt.

### The Nutty Professor:

-Blended frozen banana, vanilla yogurt, soymilk and peanut butter.

### The Cure:

-Blended acai or Pitaya with bananas, blackberry, chia seeds, mango, and pineapple juice.

## Pokē Bowls

-Spicy Ahi Tuna Pokē Bowl

### The Rosebird:

-Blended Acai or Pitaya with raspberries, strawberries, coconut water, soymilk, flax seed and soymilk.

All smoothies can be made from Pitaya or Acai.

## Fresh squeezed Juices:

- Watermelon
- Orange
- Apple
- Carrot
- Carrot/ Apple
- Grape