KONA BOWLS

ACAI BOWLS 11-

ALL BOWLS INCLUDE:
Granola, Hemp/Chia Seed Mix, Coconut Shreds, Honey (or Agave)

RAINBOW BOWL
Acai & Pitaya Base +
Fresh Strawberry, Mango, Kiwi, Blueberry

ISLANDER BOWL
Coconut Base+
Fresh Kiwi, Blueberry, Pineapple

SHAKA BOWL
Dragonfruit Base+
Fresh Strawberry, Pineapple, Kiwi

COLORADO BOWL
Acai Base+
Fresh Strawberry, Blueberry, Mango, Banana (colors of the CO flag!)

BIG WAVE BOWL
Blue Base+
Fresh Kiwi, Pineapple, Blueberry, Banana

ENDLESS SUMMER BOWL
Mango Base+
Fresh Strawberry, Pineapple, Mango

LAVA BOWL
Acai Base (w/ activated charcoal)+
Fresh Kiwi, Mango, Strawberry

TRAILBLAZER BOWL
Green Base+
Fresh Kiwi, Blueberry, Banana

OG BOWL
Acai Base+
Fresh Banana, Blueberry, Strawberry

CACAO ACAI BOWL
Acai Base (w/ cacao powder)+
Fresh Banana, Strawberry, Raspberry, Cacao Nibs

SUPER OATS 9-

BERRY OATS
Warm Maple Spiced Steel Cut Oats+
Blueberry, Raspberry, Pumpkin Seeds, Strawberry Puree, Hemp & Chia Seed Mix, Honey Drizzle

TROPICAL OATS
Warm Maple Spiced Steel Cut Oats+
Banana, Mango, Macadamia Nuts, Coconut Shreds, Strawberry Puree, Hemp & Chia Seed Mix, Honey Drizzle

CACAO OATS
Warm Maple Spiced Steel Cut Oats+
Banana, Raspberry, Cacao Nibs, Coconut Shreds, Strawberry Puree, Hemp & Chia Seed Mix, Honey Drizzle

APPLE CRISP OATS
Warm Maple Spiced Steel Cut Oats+
Banana, Diced Apple, GF Granola, Cinnamon/Nutmeg Sprinkle, Hemp & Chia Seed Mix, Honey Drizzle

CHIA PUDDING 10-

CHOCO CHIA BOWL
Spiced Chia Pudding +
Granola, Banana, Strawberry, Raspberry, Cacao Nibs, Cacao Powder, Coconut Shreds, Honey (or Agave) Drizzle

CHIA BERRY BOWL
Spiced Chia Pudding +
Granola, Strawberry Puree, Fresh Strawberry, Raspberry, Blueberry, Pumpkin Seeds, Honey (or Agave) Drizzle

Plant-Based Menu * GF Options * Zero-Added Sugars

KONA BOWLS

BUDDHA BOWLS 13-

BAHN MI
Organic Warm Quinoa, Kale, Cumin Chickpeas, Avocado, Shredded Carrot, Cucumber, Jalapeno, Roasted Peanuts, Cilantro, Hummus, Lime Wedge
w/ Housemade Sriracha Lime Dressing (v)

MEDITERRANEAN
Organic Warm Quinoa, Spinach, Cumin Chickpeas, Avocado, Kalamata Olive, Artichoke Heart, Mango,Tomato, Cucumber, Hummus, Lime Wedge
w/ Housemade Cilantro Avocado Dressing (v)

MOROCCAN
Organic Warm Quinoa, Spinach, Cumin Chickpeas, Avocado, Beets, Pomegranate, Golden Raisins, Shredded Carrot, Green Onion, Pistachio, Hummus, Lemon Wedge
w/ Housemade Turmeric Tahini Dressing (v)

HAWAIIAN LUAU
Organic Warm Quinoa, Spinach, Cumin Chickpeas, Shredded Carrot, Mandarin Oranges, Red Bell Pepper, Cashews, Green Onion, Cilantro, Hummus, Lime Wedge
w/ Housemade Asian Sesame Vinaigrette (v)

HAPPY HIPPY
Organic Warm Quinoa, Kale, Cumin Chickpeas, Avocado, Hummus, Shredded Carrot, Cucumber, Tomato, Blueberries, Pumpkin Seeds, Hemp Hearts, Nutritional Yeast, Lemon Wedge
w/ Housemade Lemon Tahini Dressing

KALE CAESAR
Organic Warm Quinoa, Kale, Cumin Chickpeas, Avocado, Shredded Carrot, Tomato, Pickled Red Onion, Pumpkin Seeds, Hemp Hearts, Nutritional Yeast, Cracked Pepper, Hummus, Lemon Wedge
w/ Housemade Lemon Tahini Dressing (v)

TOASTS

Sub GLUTEN FREE Whole Grain Bread +0.75

YOU HAD ME @ AVO TOAST 7-
Sourdough Bread, Avocado Mash, Chili Flakes, Course Salt, Lemon Wedge
Add Pickled Onions & Micro Greens +$1.00

WILD THANG 8-
Sourdough Bread, Avocado Mash, Mango, Pickled Red Onion, Micro Greens, Chili Flakes, Course Salt, Sriracha Drizzle, Lime Wedge

ZEN TOAST 8-
Sourdough Bread, Avocado Mash, Cumin Chickpeas, Pickled Red Onion, Micro Greens, Everything Seasoning, Course Salt, Housemade Green Goddess Dressing, Lemon Wedge

BEACH BUM TOAST 7-
Sourdough Bread, Nutella Spread, Bananas, Strawberries, Hemp/Chia Seed Mix, Peanut Butter & Honey Drizzle

DRINKS

ROWDY MERMAID KOMBUCHA 4.25
Strawberry, Ginger, Lion's Root, Lavender, Peach, Watermelon

C2O COCONUT WATER 3.50

COLD-PRESSED JUICE 6.50
Clarity, Immunity, Balance

Plant-Based Menu * GF Options * Zero-Added Sugars

KONA BOWLS

SMOOTHIES 8-

GREEN ROOM
Pineapple, Mango, Banana, Spinach, Hawaiian Spirulina, Hemp Seeds, Almond Milk
Add Protein Powder +$1.25

MAUI WOWIE
Mango, Pineapple, Banana, Coconut Milk

PURPLE HAZE
Blueberry, Banana, Pineapple, Blue Spirulina, Chia Seed, Coconut Milk

STRAWBERRY BLONDE
Strawberry, Mango, Banana, Almond Milk

COCONUT BLAST
Coconut, Banana, Pineapple, Coconut Milk

BEACH MONKEY
Banana, Cacao Powder, Cacao Nibs, Peanut Butter, Flax Seed, Almond Milk

HIGH TIDE
Banana, Pineapple, Blue Spirulina, Almond Milk

PITAYA REFRESHER
Dragonfruit, Strawberry, Pineapple, Chia Seed, Coconut Water

CLASSIC ACAI
Acai, Strawberry, Raspberry, Banana, Hemp Seeds, Honey, Almond Milk
Add Cacao $0.50

HULA BERRY
Strawberry, Raspberry, Blueberry, Banana, Coconut Water

MATCHA MANGO
Matcha Green Tea, Mango, Pineapple, Spinach, Banana, Almond Milk

BUILD A BOWL 8-

CHOOSE A BASE

ACAI * MANGO * BLUE * GREEN * COCONUT * DRAGONFRUIT * OATS * CHIA PUDDING *
(HONEY & GRANOLA INCLUDED)

BOOSTERS/ ADD-ONS

CBD 20MG	1.99
VANILLA PROTEIN POWDER (V)	1.25
HAWAIIAN GREEN SPIRULINA	1
BLUE SPIRULINA	1
ACTIVATED CHARCOAL	1
PEANUT BUTTER	1
ALMOND BUTTER	1
NUTELLA	1
CACAO NIBS	1
CACAO POWDER	.75
SPINACH	.50
KALE	.50
BEE POLLEN	.50
FLAX SEED	.50
CHIA SEEDS	.50
HEMP SEEDS	.50
COCONUT SHREDS	.50
PUMPKIN SEEDS	.75
MACADAMIA NUTS	1.25
PISTACHIOS	1.25
CASHEWS	1.25
GOJI BERRIES	1.25
STRAWBERRY	1
BLUEBERRY	1
KIWI	1
MANGO	1
PINEAPPLE	1
RASPBERRY	1
BANANA	.50

Plant-Based Menu * GF Options * Zero-Added Sugars