

KONA



BOWLS

SMOOTHIE BOWLS

BIG WAVE

11-

Blue PiNa Base+
Fresh Kiwi, Pineapple, Blueberry,
Banana

SHAKA

11-

Dragonfruit Base+
Fresh Strawberry, Pineapple, Kiwi

ISLANDER

11-

Coconut Base+
Fresh Pineapple, Watermelon,
Blueberry

SUNKISSED

11-

Strawberry Base +
Fresh Strawberry, Mango, Banana

PARADISE

12-

Passionfruit Base+
Fresh Watermelon, Blueberry, Mango

ENDLESS SUMMER

11-

Mango Base+
Fresh Strawberry, Pineapple, Mango

TRAILBLAZER

11-

Green Base+
Fresh Kiwi, Blueberry, Banana

ALL BOWLS
INCLUDE:

Granola
Hemp/Chia Seed Mix
Coconut Shreds
Honey (or Agave)

ACAI BOWLS

COLORADO

11-

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

OG

11-

Acai Base+
Fresh Banana, Blueberry, Strawberry

JUNGLE

12-

Acai Base + Spinach & Spirulina
Fresh Mango, Kiwi, Blueberry

CACAO ACAI

12-

Acai Base + Cacao Powder
Fresh Banana, Strawberry, Raspberry,
Cacao Nibs

LAVA

12-

Acai Base + Activated Charcoal
Fresh Kiwi, Mango, Strawberry

RAINBOW

12-

Acai Base + Dragonfruit
Fresh Strawberry, Mango, Kiwi,
Blueberry

CHIA PUDDING

CHOCO CHIA

10-

Spiced Chia Pudding +
Granola, Dragonfruit-Strawberry Puree,
Fresh Banana, Strawberry, Raspberry,
Cacao Nibs, Cacao Powder, Coconut
Shreds, Honey (or Agave) Drizzle

CHIA BERRY

10-

Spiced Chia Pudding +
Granola, Dragonfruit-Strawberry Puree,
Fresh Strawberry, Raspberry, Blueberry,
Pumpkin Seeds, Honey (or Agave)
Drizzle



BUDDHA BOWLS

* MAKE ANY BOWL A WRAP *

BANH MI 13-

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

MEDITERRANEAN 13-

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

MOROCCAN 13-

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 13-

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

KALE CAESAR 13-

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

HAPPY HIPPY 13-

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

TOASTS

Sub GLUTEN FREE Bread +1.00

YOU HAD ME @ AVO TOAST 7-

Sourdough Bread, Avocado Mash, Chili Flakes, Course Salt, Lemon Wedge

TIKI TOAST 9-

Sourdough Bread, Avocado Mash, Pesto, Tomato, Micro Greens, Balsamic Drizzle, Chili Flakes, Course Salt, Lemon Wedge

* contains dairy & pine nuts *

WILD THANG 9-

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

ZEN TOAST 9-

Sourdough Bread, Avocado Mash, Cumin Chickpeas, Pickled Red Onion, Micro Greens, Everything Seasoning, Course Salt, Housemade Cilantro-Avo Dressing, Lemon Wedge

BEACH BUM TOAST 7-

Sourdough Bread, Nutella Spread, Bananas, Strawberries, Hemp/Chia Seed Mix, Peanut Butter & Honey Drizzle

DRINKS

C2O COCONUT WATER**BIG B LEMONADE**

Lavender, Regular, Arnold Palmer

KONA



BOWLS

SUPER SMOOTHIES

GREEN ROOM	9-
Pineapple, Mango, Banana, Spinach, Hawaiian Spirulina, Hemp Seeds, Almond Milk Add Protein Powder +\$1.25	
PURPLE HAZE	9-
Blueberry, Banana, Pineapple, Blue Spirulina, Chia Seed, Coconut Milk	
SUBLIME	9-
Passionfruit, Mango, Banana, Coconut Milk, Dragonfruit Drizzle	
MATCHA MANGO	9-
Matcha Green Tea, Mango, Pineapple, Spinach, Banana, Flax, Almond Milk	
BEACH MONKEY	9-
Banana, Cacao Powder, Cacao Nibs, Peanut Butter, Flax Seed, Almond Milk Add 9oz. Cold Brew +3.00	
PITAYA REFRESHER	9-
Dragonfruit, Strawberry, Pineapple, Chia Seed, Coconut Water	
HIGH TIDE	9-
Banana, Pineapple, Spinach, Blue Spirulina, Flax Seed, Almond Milk	
CLASSIC ACAI	9-
Acai, Strawberry, Raspberry, Banana, Hemp Seeds, Honey, Almond Milk Add Cacao \$0.50	
MAUI WOWIE	8-
Mango, Pineapple, Banana, Coconut Milk	
RASPBERRY DAQUIRI	8-
Raspberry, Coconut, Pineapple, Coconut Milk, Dragonfruit Drizzle	
HULA BERRY	8-
Strawberry, Blueberry, Raspberry, Banana, Coconut Water	
STRAWBERRY BLONDE	8-
Strawberry, Mango, Pineapple, Banana, Almond Milk	
COCONUT BLAST	8-
Coconut, Banana, Pineapple, Coconut Milk	

BUILD YOUR OWN BOWL

8-

CHOOSE A BASE

* ACAI * MANGO *
* COCONUT * BLUE *
* GREEN *
* DRAGONFRUIT *
(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