WARM BOWLS
Organic quinoa blend or riced cauliflower, served as a bowl or in a low-carb grilled tortilla (+$1)

NEW! FALL PRO BOWL $11.99
All natural chicken, roasted brussels sprouts and butternut squash, spinach, brussels sprout, almonds, rice cauliflower and balsamic vinaigrette. 143 calories, 8g protein, 13g net carbs

JAPANESE BBQ SALMON $13.99
Salmon, roasted Japanese sweet potato, roasted mushrooms, red cabbage, Japanese BBQ sauce, organic quinoa, mixed greens, toasted sesame seeds and toasted sesame dressing. 645 calories, 32g protein, 63g net carbs

SPINACH & PESTO $10.29
All natural chicken, nut-free pesto, spinach, organic quinoa and parmesan. 500 calories, 28g protein, 47g net carbs

NEW! MEXICALI $11.99
All natural chicken, corn, black beans, cheddar, brised kale, salsa, spicy tomato lime sauce, organic quinoa and chipotle Mexican yogurt topped with P&B Guac and cilantro. 653 calories, 31g protein, 35g net carbs

CLASSIC BUFFALO $9.99
All natural chicken, blue cheese, celery, organic rainbow carrots, organic quinoa and traditional Buffalo sauce. 420 calories, 32g protein, 39g net carbs

CARNITAS $9.19
All natural braised pork, corn and black bean salsa, cotija cheese, P&B Guac, Adobo sauce, pickled red onion, lime, Greek yogurt, cilantro, organic quinoa and green onions. 660 calories, 36g protein, 63g net carbs

NEW! GREEN GODDESS $11.29
All natural chicken, shaved brussels sprouts, mushrooms, goat cheese, chieccipes, organic rainbow carrots, spinach, tender greens, green onion, crispy quinoa and green goddess dressing. 598 calories, 31g protein, 49g net carbs

NEW! HARVEST $11.59
All natural chicken, roasted brussels sprouts, mushrooms, goat cheese, pickled red onion, green onion, almonds, kale, tender greens, organic quinoa and balsamic vinaigrette. 530 calories, 28g protein, 32g net carbs

FRESH SALADS
Tossed with fresh greens, served as your choice of a salad or in a low-carb tortilla (+$1)

NEW! GREEN GODDESS $11.29
All natural chicken, shaved brussels sprouts, mushrooms, goat cheese, chieccipes, organic rainbow carrots, spinach, tender greens, green onion, crispy quinoa and green goddess dressing. 598 calories, 31g protein, 49g net carbs

NEW! HARVEST $11.59
All natural chicken, roasted brussels sprouts, mushrooms, goat cheese, pickled red onion, green onion, almonds, kale, tender greens, organic quinoa and balsamic vinaigrette. 530 calories, 28g protein, 32g net carbs

SALMON CAESAR $14.99
Salmon, parmesan crisp, grated parmesan, tomatoes, romaine, kale and Caesar dressing. 520 calories, 31g protein, 43g net carbs

SOUTHWEST $12.29
All natural chicken, black beans, organic rainbow carrots, P&B Guac, cheddar, roasted corn, organic quinoa, tomatoes, romaine, tender greens and cilantro lime vinaigrette. 620 calories, 26g protein, 45g net carbs

SUPERFOOD $10.99
Organic rawed tofu, organic rainbow carrots, chieccipes, P&B Guac, spinach, kale, pickled red onion, celery, organic quinoa, hemp, seaweed and creamy chi dressing. 580 calories, 23g protein, 41g net carbs

CLASSIC COBBI $13.99
All natural chicken, turkey bacon, tomatoes, avocados, hard boiled egg, blue cheese, romaine and yogurt, ranch dressing. 650 calories, 31g protein, 49g net carbs

CUSTOMIZE YOUR PROTEIN:

SALMON
ALL NATURAL BRAISED PORK
ALL NATURAL CHICKEN
Fall Pro Bowl

PROTEIN SHAKES

PROTEIN:

Milk:

Almond Milk
Immunity*
Peanut Butter
Peanut Butter
MCT Oil
CBD Oil
Cocoa Seed
Peanut Butter

NEED A BOOST?

Vegan Chocolate
Berry
Chocolate Chip
Vanilla
Peanut Butter & Cinnamon
Vanilla Whey Protein
Peanut Butter & Cinnamon

PB & J $1.29
Organic peanut butter, blueberry, strawberry, organic agave, vanilla whey protein and almond milk. 220 calories, 14g protein, 23g net carbs

HIPPIE SHAKE $7.99
Chia, banana, peanut butter, cinnamon, vanilla whey protein and oat milk. 390 calories, 28g protein, 25g net carbs

JOKES ACAI’D $7.99
Blueberry, banana, blueberry, vanilla whey protein and Greek yogurt. 420 calories, 28g protein, 19g net carbs

WREGLEY PEELED $129
Organic peanut butter, banana, organic agave, chocolate whey protein and almond milk. 530 calories, 28g protein, 41g net carbs

THE PERK $3.99
Coffee, natural espresso whey protein, chocolate whey protein and almond milk. 390 calories, 19g protein, 19g net carbs

BLUE HEAVEN $6.99
Chia, blue, spinach, soy protein, Greek yogurt, banana, pineapple organic agave and oat milk. 230 calories, 21g protein, 21g net carbs

FRUIT SMOOTHIES

MANGO CURE $8.99
Mango, banana, strawberry, orange, lemon, ginger, raw organic honey,匹配with an immunity boost. 395 calories, 49g protein, 57g net carbs

BERRY BANANA $7.99
Strawberry, blueberry, banana, organic agave and oat milk. 350 calories, 26g protein, 27g net carbs

LEAN & GREEN $5.99
Pineapple, celery, cucumber, lemon, spinach, parsley, raw organic honey and organic coconut water with a multi-vitamin boost. 390 calories, 21g protein, 21g net carbs

TROPIC THUNDER $5.99
Pineapple, strawberry, mango, coconut water and lime. 370 calories, 25g protein, 35g net carbs

NEW! SMASHING PUMPKIN $2.99
Pumpkin, frozen sweet potatoes, almonds, organic maple syrup, vanilla whey protein and oat milk. 220 calories, 28g protein, 21g net carbs

NEW! BOO-BERRY $5.99
Blackberries, blueberries, banana, organic agave nectar, Greek yogurt, vanilla whey protein and almond milk. 280 calories, 19g protein, 20g net carbs

SWAP QUINOA FOR RICED CAULIFLOWER

JUST $1.49
**Egg Scrambles**
Scrambled eggs in your choice of bowl or in a low-carb grilled tortilla® (+$8)

**Morning Mexicali** $8.99
Eggs scrambled with grass-fed beef, black beans, cheddar, salsa, spicy tomato, lime, saucy PBK Guac, cilantro and chipotle Greek yogurt.

**Sunrise Spinach & Pesto** $10.19
Eggs scrambled with grass-fed ghee, spinach, nut-free pesto and parmesan.

**Bacon, Egg & Cheese** $7.99
Eggs scrambled with grass-fed ghee, crispy turkey bacon and cheddar.

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**Functional Lattes**
Not your average Joe, these lattes are fortified to power your day.

**Pumpkin Power Spice** $7.99
Pumpkin, spice, milk whey protein, organic maple syrup, oat milk and locally roasted coffee.

**Beauty Brew Latte** $9.99
Red and white collage, raw whey protein, espresso protein, almond milk and locally roasted coffee. Available hot or iced.

**Coffee** $6.29
Locally roasted iced or hot coffee.

**Keto Coffee** $7.99
KETO iced cold brew coffee and locally roasted coffee.

**Matcha Latte** $7.79
Matcha, MCT, and raw organic, honey and oat milk.

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**Protein shakes**

**Vanilla Whey**
Whey isolate, organic milk, organic vanilla.

**Chocolate Whey**
Whey isolate, organic milk, organic cocoa.

**Plant-based Vanilla**
Wheat germ, rice flour, soy lecithin, organic vanilla, organic water.

**Plant-based Chocolate**
Wheat germ, rice flour, soy lecithin, organic cocoa, organic water.

**NEED A BOOST?**

**Immunity+**
Vitamins C & D, Zinc, L-Lysine.

**Energy+**
Caffeine, Taurine.

**Fat Burner+**
L-Carnitine, Conjugated Linoleic Acid (CLA), Citrus Extract.

**Multi-vitamin+**
Iron, Zinc, B-Complex vitamins.

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**Anti-inflammatory**
Whey, Ginkgo Biloba, Ashwagandha, Turmeric, MSM, Glucosamine, Chondroitin.

**New Smashing Pumpkin** $7.79
Pumpkin, frozen veggies, almonds, organic maple syrup, vanilla whey protein and oat milk. 230 cal., 6g protein, 10g net carbs.

**Hippie Shake** $7.99
Oats, banana, peanut butter, cinnamon, vanilla whey protein and oat milk. 310 cal., 8g protein, 18g net carbs.

**Jokes Acai** $7.99
Acai berry, banana, blueberry, vanilla whey protein and Greek yogurt.

**Wrigley Pilled** $7.99
Organic pea protein, banana, organic agave, chocolate whey protein and almond milk.

**The Perk** $7.99
Coffee, mean, espresso whey protein, chocolate whey protein and almond milk.

**Blue Heaven** $7.99
Low-sugar blueberry powder, Greek yogurt, banana, pineapple organic agave and oat milk.

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**Acai Bowls + Parfaits**
Stay fuller, longer with our signature steel cut oats and quinoa blend.

**COCO AZUL** $10.49
COCO AZUL is a blend of coconut, matcha, and blueberries, topped with strawberries. Blueberries, banana, chia seed, and housemade granola.

**TRIPLE BERRY ACAI** $10.49
Acai blended with banana and blueberries, topped with strawberries, blueberries, chia seed, and housemade granola.

**CHIA BERRY PARFAIT** $8.99
Greek yogurt, strawberries, blueberries, banana, chia seed, raw organic honey and housemade granola.

**Honey Granola Parfait** $10.49
Greek yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed.

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**Power Oatmeal**

**Overnight Oats** $6.99
Chilled oats, apple, Greek yogurt, maple syrup, chia seed and almond milk topped with banana, strawberries, blueberries and hemp seed blend.

**PB&Oatmeal** $6.99
PB&J, organic oats, almond milk, peanut butter, chia seed and organic chia seeds.

**Almost Naked** $4.99
Organic oatmeal and quinoa blend with banana and raw organic honey.

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**Cocoa Acai**
Contains Gluten, Vegetarian, Vegan, Fan Favorites

**Coco Azul**
Contains Gluten, Vegetarian, Vegan, Fan Favorites

**TRIPLE BERRY ACAI**
Contains Gluten, Vegetarian, Vegan, Fan Favorites

**Honey Granola Parfait**
Contains Gluten, Vegetarian, Vegan, Fan Favorites

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**Fruit Smoothies**
Expertly crafted fruit and superfood smoothie blends. Add protein powder for (+$1.29)

**Mango Cure** $6.99
Mango, banana, strawberry, orange, lemon, ginger, raw honey, housemade granola. Cajeput with an immunity boost. 310 cal., 8g protein, 18g net carbs.

**Berry Banana** $6.99
Strawberries, blueberries, bananas, organic agave and oat milk. 310 cal., 8g protein, 18g net carbs.

**Tropic Thunder** $6.99
Pineapple, strawberries, mango, coconut water and lime.

**Lean & Green** $6.99
Pineapple, celery, cucumber, lemon, spinach, coriander, raw organic honey and organic coconut water with a multi-vitamin boost.

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Scrambles + oatmeal available M–F until 10:30. Weekend hours may vary.