



# HONEY & HIVE

SUPERFOOD BOWLS AND SMOOTHIES

## superfood bowls

SELECT AT LEAST ONE BASE AND FILL IT UP WITH FRESH AND NUTRIENT DENSE TOPPINGS TO CREATE THE PERFECT BOWL PACKED WITH ANTIOXIDANTS, FIBER, VITAMINS, PROTEIN, HEALTHY FATS, AND MORE!

16OZ | \$12      24OZ | \$16

**BASE:** <sup>organic</sup> acai | <sup>organic</sup> DRAGONFRUIT | <sup>organic</sup> CHIA PUDDING | <sup>organic</sup> MATCHA CHIA PUDDING

**NUT BUTTER:** PEANUT BUTTER | ALMOND BUTTER

**GRANOLA:** HONEY ALMOND | <sup>organic</sup> HEMPSEED | GLUTEN-FREE (+\$1)

**CUSTOMIZE YOUR BOWL WITH OUR WIDE SELECTION OF SUPERFOOD TOPPINGS AND FRESH FRUITS!**

## superfood smoothies

WHOLE FRUITS BLENDED WITH THE HIGHEST QUALITY AND NUTRIENT-DENSE INGREDIENTS. OUR SMOOTHIES ARE CRAFTED WITH HEALTH IN MIND SO YOU WILL NEVER FIND ANY FILLER INGREDIENT - YEP, THAT ALSO MEANS NO ICE!

16OZ | \$7.50      24OZ | \$9.50

### ALMOND BLOSSOM

ALMOND BUTTER, BANANA, STRAWBERRY, BLUEBERRY BLENDED WITH ALMOND MILK & A TOUCH OF AGAVE

### PINK DRAGON

DRAGONFRUIT, STRAWBERRY, & KIWI BLENDED WITH COCONUT WATER & A TOUCH OF AGAVE

### ACAI BERRY

ACAI, STRAWBERRY, & BLUEBERRY BLENDED WITH OATMILK AND A TOUCH OF AGAVE

### MATCHA CHIA

MATCHA, SPINACH, BANANA, BLENDED WITH OATMILK & AGAVE TOPPED WITH OUR HOUSEMADE CHIA PUDDING

### IMMUNITY BOOSTER

TURMERIC, GINGER, SPINACH, BANANA, & PINEAPPLE BLENDED WITH OATMILK & A TOUCH OF AGAVE

### THE POWERHOUSE

WHEY, PB, BANANA, & STRAWBERRY BLENDED WITH ALMOND MILK

### MANGOBERRY PUCKER

MANGO, STRAWBERRY, RASPBERRY, AND LIME, BLENDED WITH COCONUT WATER & A TOUCH OF AGAVE

### POWER IT UP!

#### ADD A BOOST TO YOUR SMOOTHIE!

WHEY PROTEIN	1.25
VEGAN PROTEIN	1.25
MATCHA	1.25
ACAI	1.25
DRAGONFRUIT	1.25
ALMOND BUTTER	1.25
PEANUT BUTTER	1
CHIA PUDDING	1
SPINACH	1
CHIA SEEDS	1
FLAX SEEDS	1
CACAO NIBS	1
HEMP HEARTS	1
COCONUT FLAKES	1
GINGER	1
TURMERIC	1