

bowls

FRESH FROM TOP TO BOTTOM!

SMOOTHIE BOWLS

regular 12.63

large 16.99

açai primo™ 320-720 CAL

AÇAÍ BASE TOPPED WITH BANANAS, STRAWBERRIES, GRANOLA, BLUEBERRIES, HONEY

CONTAINS SOY

açai peanut butter + nutella

685-980 CAL

CONTAINS HAZELNUT, MILK, PEANUT, SOY

AÇAÍ BASE TOPPED WITH BANANAS, GRANOLA, NUTELLA®, PEANUT BUTTER

chunky strawberry™

595-860 CAL

CONTAINS MILK, PEANUT, SOY

STRAWBERRY, PEANUT BUTTER AND GRANOLA BASE TOPPED WITH BANANAS, BLUEBERRIES, HONEY, COCONUT FLAKES

dragon fruit delight

460-720 CAL

CONTAINS COCONUT

DRAGON FRUIT BASE TOPPED WITH BANANAS, STRAWBERRIES, GRANOLA, BLUEBERRIES, HONEY, COCONUT FLAKES



whirl'd famous

SMOOTHIES

mango-a-go-go®

275/380/500 CAL

CONTAINS MILK

FLAVORS OF MANGO AND PINEAPPLE MAKE A TASTY MANGO TREAT

strawberries wild®

250/340/450 CAL

CONTAINS MILK

CAN'T TAME THIS STRAWBERRY BANANA SPIRIT

orange dream machine®

270/370/480 CAL

CONTAINS MILK, SOY

CREAMY AND DREAMY ORANGE AND VANILLA FLAVORED TREAT

white gummi

305/420/565 CAL

CONTAINS MILK, SOY

THE FRUITIEST BLEND OF MANGOS AND PINEAPPLE, RASPBERRY, ORANGE AND LIME SHERBETS

strawberry surf rider™

240/340/430CAL

CONTAINSMILK

EVOKING A WAVE OF RADICALLY FRESH STRAWBERRIES, PEACHES AND CITRUS

goodness 'n greens

SMOOTHIES

açai super-antioxidant™

345/440/560 CAL

CONTAINS MILK, SOY

A SUPER FOOD BLEND WITH FLAVORS OF AÇAÍ, STRAWBERRIES AND BLUEBERRIES

apple 'n greens™

240/315/400 CAL

APPLE-INSPIRED BLEND THAT SAYS KALE YEAH!

pb+banana protein

WHEY PROTEIN 42/44/51G

540/610/785 CAL

SOY PROTEIN 32/35/41G

475/540/720 CAL

CONTAINS MILK, PEANUT, SOY

PROTEIN-PACKED BANANA AND PEANUT BUTTER FLAVORED POWER

greens 'n ginger™

225/290/380 CAL

FLAVORS OF MANGOS, KALE AND LEMONADE WITH A KICK OF GINGER

strawberry whirl™

215/315/380 CAL

HERE'S THE STRAWBERRY BANANA INSPO YOU'RE LOOKING FOR

blended coffee

buzzin' mocha moo'd

CAFFEINE 66/66/99MG

340/430/570 CAL

CONTAINS MILK

RICH CHOCOLATE AND COFFEE BLEND FOR A SWEET WAKE-UP CALL

over ice

elecric ice

160/190/250 CAL

A SHOCKINGLY REFRESHING DRAGON FRUIT LEMONADE WITH BLUE SPIRULINA

strawberry emon twist

190/220/290 CAL

GO FOR A SPIN WITH OUR TAKE ON STRAWBERRY LEMONADE, TOPPED WITH HOUSE-MADE STRAWBERRY PUREE

bites

belgian-style waffle

5.16

190 CAL

CONTAINS SOY, MILK, WHEAT

classic handwich

6.31

320 CAL

CONTAINS EGG, MILK, WHEAT

SAUSAGE, EGG, WHITE CHEDDAR CHEESE ON A SPROUTED GRAIN BUN

chicken empanada

1 CT 6.81

2 CT 9.99

220 CAL

CONTAINS MILK, SOY, WHEAT

STUFFED WITH SHREDDED CHICKEN BREAST AND VEGGIES IN SAUCE

oatmeal bowls

berry brown sugar

9.99

390 CAL

STEEL-CUT OATMEAL AND OATMILK TOPPED WITH BROWN SUGAR, STRAWBERRIES, BLUEBERRIES

peanut butter banana crunch

9.99

580 CAL

CONTAINS PEANUT

STEEL-CUT OATMEAL AND OATMILK TOPPED WITH BANANAS, GRANOLA, PEANUT BUTTER, HONEY

strawberry + nutella & coconut

9.99

400 CAL

CONTAINS MILK, SOY, COCONUT, HAZELNUT

STEEL-CUT OATMEAL AND OATMILK TOPPED WITH NUTELLA®, STRAWBERRIES, COCONUT FLAKES

UPGRADE YOUR BOWL

nutella DRIZZLE

0.99

80 CAL

CONTAINS MILK, SOY, HAZELNUT

WAFFLE PIECES

2.49

280 CAL

CONTAINS EGG, MILK, WHEAT

COCONUT WHIP

0.99

50 CAL

CONTAINS COCONUT

PEANUT BUTTER DRIZZLE

0.99

50 CAL

CONTAINS PEANUT

WAFFLE BOWLS

regular 12.63

large 16.99

choose your base:

coconut whip

CONTAINS COCONUT

nonfat greek yogurt with honey drizzle

CONTAINS HONEY

strawberry blueberry

550/695 CAL

CONTAINS COCONUT, EGG, MILK, SOY, WHEAT

TOPPED WITH DICED BELGIAN-STYLE WAFFLE, STRAWBERRIES, BLUEBERRIES, GRANOLA

peanut butter banana+ nutella

725-1035CAL

CONTAINS EGG, HAZELNUT, MILK, PEANUT, SOY, WHEAT

TOPPED WITH DICED BELGIAN-STYLE WAFFLE, BANANAS, GRANOLA, NUTELLA®, PEANUT BUTTER

caribbean passion®

255/340/435 CAL

CONTAINSMILK

TASTE THE TROPICS WITH NOTES OF STRAWBERRY, PEACH AND ORANGE

peanut butter moo'd®

455/750/965 CAL

CONTAINS MILK, PEANUT, SOY

HAVE A COW OVER THE FLAVORS OF CHOCOLATE, PEANUT BUTTER AND BANANA

razzmatazz®

265/360/475 CAL

CONTAINS MILK

FUN NAME, MIXED BERRY FLAVOR WITHBIG STRAWBERRY, A HINT OF BANANA AND ORANGEY FLAVORS

aloha pineapple®

290/390/515 CAL

CONTAINSMILK

SAY ALOHA TO THE FLAVORS OF PINEAPPLE, STRAWBERRY AND BANANA

orange c-booster™

180/250/310 CAL

CONTAINS MILK, SOY

AN ORANGE, PEACH AND BANANA FLAVORED BOOST OF VITAMIN C

protein berry workout™

WHEY PROTEIN 20/22/24G

300/400/470 CAL

CONTAINS MILK, SOY

SOY PROTEIN 16/19/20 G

310/400/450 CAL

CONTAINS SOY

PUMP UP WITH THE FLAVORS OF VANILLA SOY MILK, STRAWBERRIES AND BANANAS

mega mango™

185/280/325 CAL

LIVIN'LARGE WITH THE TASTE OF MANGOS AND STRAWBERRIES

peach perfection™

205/320/370 CAL

JUICY, SWEET, PEACHY KEEN FLAVOR

coffee dream machine

CAFFEINE 66/66/99MG

260/380/480 CAL

CREAMY COFFEE BLEND WITHVANILLAFLAVOR

FOR GOOD VIBES

CONTAINS MILK

peachberry blast

200/230/330 CAL

A BURST OF PEACHY LEMONADE TOPPED WITH HOUSE-MADE STRAWBERRY PUREE

blue lava

180/220/300 CAL

LEMONADE MIXED WITH BLUE SPIRULINA AND LAYERED WITH STRAWBERRY PUREE

mozzarella and herb bites

6 CT 6.81

12 CT 9.99

310/570 CAL

CONTAINS MILK, WHEAT

GOOEY GARLIC AND HERBY GOODNESS, PERFECT FOR DIPPING

sourdough parmesan

pretzel 5.16

420 CAL

CONTAINS MILK, WHEAT

apple cinnamon

pretzel 5.16

390 CAL

CONTAINS WHEAT

small 8.61

medium 9.18

large 10.33



mango-a-go-go®

small 9.76

medium 10.33

large 11.50



açai SUPER-ANTIOXIDANT™

small 9.76

mediu 10.33

m large 11.50

small 8.18

mediu 8.39

m large 8.82

classic handwich



mozz bites



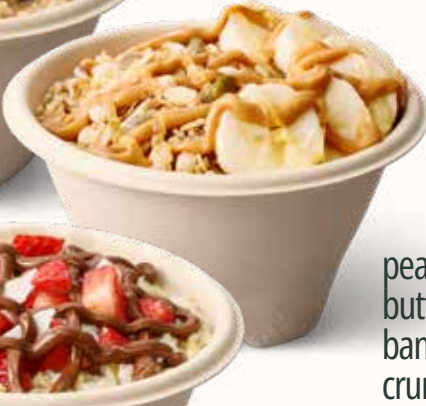
berry brown sugar



strawberry + Nutella® & coconut



peanut butter banana crunch



customizations

dairy-free milks

1.50

oatmilk

vanilla soymilk

CONTAINS SOY

unsweetened almondmilk

CONTAINS ALMOND

BOOST YOUR SMOOTHIE

boosts

1.50

multivitamins

10 CAL

helps support overall immunity • excellent source of vitamin C

CONTAINS SOY

3G energy™

5 CAL

(GREEN TEA, GUARANA, GINSENG)

120 MG of caffeine

whey protein

70 CAL

13 G of protein

CONTAINS MILK, SOY

soy protein

40 CAL

9 G of protein

CONTAINS SOY

premium boosts

0.99

coconut whip

50 CAL

CONTAINS COCONUT

peanut butter

100 CAL

CONTAINS PEANUT

ginger puree

30 CAL



Mild Hot Sauce

0CAL

Please note that some products may contain food allergens and other ingredients that cause food sensitivities. Although efforts are made to avoid cross contact of allergens and other ingredients that may cause food sensitivities, all food and beverage items may contain or come into contact with one or more of these substances. 2,000 calories per day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

fan favorite

dairy-free