

SEASIDE SMOOTHIES

*ALL SMOOTHIES INCLUDE PROTEIN

BLUEBERRY SHORTCAKE

OAT MILK, BLUEBERRIES, BANANA, ALMOND YOGURT,
WALNUTS, HONEY

CHOCOLATE PEANUT BUTTER

OAT MILK, BANANA, PEANUT BUTTER, CHOCOLATE CHIPS,
CHOCOLATE DRIZZLE

CHOCOLATE STRAWBERRY

ALMOND MILK, STRAWBERRIES, CACAO, CHOCOLATE CHIPS

COLD BREW BLISS

COLD BREW, ALMOND MILK, BANANA, COCONUT,
CACAO, CACAO NIBS, PEANUT BUTTER

HEAVENLY HAZELNUT

ALMOND MILK, BLUEBERRIES, BANANA, CACAO,
HAZELNUT ALMOND BUTTER

MATCHA MANGO

ALMOND MILK, MANGO, BANANA, VANILLA, SPINACH,
HONEY, MATCHA

MINT CHOCOLATE CHIP

ALMOND MILK, BANANA, CACAO, SPINACH, CHOCOLATE CHIPS,
COCONUT, SPIRULINA, MINT

PEANUT BUTTER BANANA

OAT MILK, BANANA, VANILLA, HONEY, PEANUT BUTTER

PINEAPPLE COLADA

COCONUT MILK, PINEAPPLE, COCONUT

STRAWBERRY BANANA

ALMOND MILK, STRAWBERRIES, BANANA, VANILLA

SWEET GREENS

ALMOND MILK, GRAPES, AVOCADO, SPINACH, HONEY,
CHIA SEEDS, VANILLA

TROPICAL PARADISE

ALMOND MILK, PINEAPPLE, MANGO, VANILLA

BEACH BOWLS

* CHOOSE ANY 4 TOPPINGS. ALL FRUIT BOWLS INCLUDE PROTEIN.

ACAI MIXED BERRY

BANANA

COCONUT

PINEAPPLE MANGO

STRAWBERRY

OATMEAL

YOGURT



TOAST

AVOCADO GREENS

AVOCADO, ARUGULA, LIME, SEASONING

THE HOT DATE TOAST

ALMOND BUTTER, CINNAMON, DATES, WALNUTS, HONEY DRIZZLE

HEALTHY HUMMUS

CREAMY HUMMUS, ARUGULA, SPINACH, OLIVE OIL &
TASTY SEASONINGS

BERRY NUTELLA

CREAMY NUTELLA SPREAD WITH FRESH STRAWBERRIES

PEANUT BUTTER, BANANA & HONEY

PEANUT OR ALMOND BUTTER, BANANA, CHIA SEEDS,
HONEY DRIZZLE

BUOY BITES

CHOCOLATE PEANUT BUTTER CHIP

OATS, PEANUT BUTTER, CHIA SEEDS, PROTEIN, HONEY,
DAIRY FREE CHOCOLATE CHIPS

ALMOND JOY

Oats, almond butter, protein, almonds, coconut,
dairy-free chocolate chips

PORTSIDE POWER TEAS

VITAMIN B12 AND ELECTROLYTES
200 mg NATURAL CAFFEINE

MERMAID

CHERRY BEACH POP

SHARK BITE

RASPBERRY MARGARITA

WATERMELON WAVES

MELON BREEZE

CUCUMBER LAVENDER

ORANGE LIME RICKEY

MALIBU SUNSET

ISLAND PINEAPPLE

PEACH MANGO MARGARITA

MOJITO

BOARDWALK CHILLERS

NO CAFFEINE

COLLAGEN GLOW GETTER

STRAWBERRY ACAI LEMONADE

LESS CAFFEINE

THE COOL CUCUMBER

ARNOLD PALMER

BLUEBERRY LEMON ICED TEA

