

SMOOTHIE BOWLS

BEACH BOWL (GF)*contains nuts Coconut Milk, Lemon Juice, Vanilla Protein, Blue Spirulina, Pineapple + Banana Topped w/F&R Goji Granola, Banana, Berries + Coconut	15
VERY BERRY (GF)*contains nuts Coconut Milk, Maple, Lemon Zest, Vanilla Protein, Pitaya, Strawberries, Raspberries + Banana Topped w/F&R Goji Granola, Berries + Coconut	15
ACAI (GF)*contains nuts Acai, Almond Milk, Berries, Banana, F&R Peanut Butter + Vanilla Protein Topped w/F&R Goji Granola, Banana, Berries, Cocoa Nibs + Coconut	15

TOASTS | More

*Gluten Free Bread Available for Toasts +.50c (smaller size than our regular)
*Add Microgreens (Sunflower | Purple Kholrabi | Mustard) + \$1

"BS"-BAGEL SANDO *contains nuts Sparrow Salted Bagel, F&R Lemon Cashew Cream Cheese, F&R Hemp Seed Spice Mix, Tomato, Avocado, Arugula + EVOO	12
PB YAY (Peanut Butter/Almond Butter) *contains nuts F&R Peanut Butter or F&R Almond Butter + F&R Marionberry Compote on Sparrow Miche Bread Topped w/Banana, Cocoa Nibs + Coconut	6/6.5
MILLENNIAL Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread	7
GARDEN VEGGIE SANDO *contains nuts F&R Garlic & Herb Cashew Cream Cheese, Tomato, Cucumber, Red Onion, Pickled Jalapenos, Spring Mix + Mustard Microgreens on Sparrow Miche Bread *add Avocado For a Buck	10.5
"IT" SANDO *contains nuts F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado, Arugula + Balsamic Reduction on Sparrow Miche Bread	10.5
HUMMUS + VEGGIE WRAP *contains nuts (GRAB-N-GO) Whole Wheat Tortilla, F&R Hummus, Za'atar, Carrot, Cucumber, Spicy Peppers +Arugula	9

MACRO BOWLS | More

COCONUT BREAKFAST BOWL Sorghum, Coconut Milk, Maple, Cinnamon, Sea Salt +Vanilla Topped w/F&R Almond Butter, Banana, Berries, Hems Seeds, Toasted Coconut + Date Syrup Drizzle	12.5
RICE BOWL (GF)*contains nuts Brown Rice, Black Beans, Sweet Potato, Spicy Chiles, Walnut Pesto, Kale, Basil, Avocado, F&R Cashew Cream + Seed Mix	15
SUMMER QUINOA BOWL (GF)*contains nuts Orange Scented Quinoa, Roasted Chickpeas, Lemon Vinaigrette, F&R Mint & Basil Pesto , Pistachios, Arugula, Sea Salt + Chili Flake	15
FIESTA BOWL (GF)*contains nuts Brown Rice, Arugula, Black Beans, Avocado, Salsa, Roasted Garnet Sweet Potatoe, Roasted Corn, F&R Cilantro Crema + Pickled Cabbage	15
BANH MI BOWL (GF)*contains nuts Brown Rice, Roasted Cauliflower, Spicy Sesame Sauce, Spinach, F&R Sriracha Cashew Mayo , Pickled Vegetables, Daikon Radish, Cucumber, Cilantro, Purple Kholrabi + Avocado	15
BIG SALAD (GF)*contains nuts (GRAB-N-GO) Spring Mix, Snap Peas, Watermelon Radish, Cucumber, Red Bell Pepper, Carrot, Tomatoes, F&R Spiced Hummus, F&R Lemon Tahini + Hemp Seeds	12
SOUTHWEST SALAD (GF)*contains nuts (GRAB-N-GO) Romaine, Quinoa, Corn, Black-Eyed Peas, Cauliflower, F&R Pico de Gallo, Avocado, Lime, Corn Chips + F&R Cashew Sour Cream	12
KELP NOODLE SALAD (GF)*contains nuts (GRAB-N-GO) Kelp Noodles, Spinach, Red Bell Pepper, Cucumber, Cabbage, Snap Peas, Carrots, Herb Mix, Sesame Seeds + F&R Peanut Sauce	12

JUICES | 12oz Cold Pressed | GRAB-N-GO

DIY JUICE 16oz (not cold pressed) *Any Variation of Below Ingredients	12
SPICY GREENS Spinach, Celery, Cucumber, Apple, Serrano Pepper + Lime	9
SIMPLE GREENS Spinach, Celery, Cucumber, Apple, Ginger + Lime	9
PARADISE GLOW Carrot, Orange, Pineapple, Lemon, Turmeric + Ginger	9
SCHRUTE FARMS Beet, Carrot, Apple, Ginger + Lemon	9
SIMPLE DETOX Celery, Cucumber, Green Apple, Ginger, Lemon + Mint	9
TRUE BLUE Lemon, Apple, Ginger, Coconut Water + Blue Spirulina	9
LIQUID SUNSHINE Lemon, Apple, Ginger, Turmeric	9
FLU SHOT - 3oz Lemon, Orange, Cayenne, Ginger + Kale	4

SMOOTHIES | 16 oz

BLUE BREEZE Coconut Milk, OJ, Lemon Juice, Blue Spirulina , Maple, Vanilla Protein, Pineapple + Mango	9.5
TANGY TRYST Coconut Milk, Lime Juice, Vanilla Protein, Coconut Butter, Ginger, Hems Seeds, Cayenne, Strawberries + Mango	9.5
THE STANDARD (Green Smoothie) *contains nuts Coconut Milk, Spinach, Kale , Vanilla Protein, F&R Peanut Butter , Flax, Chia, Apple + Banana *Sub F&R Almond Butter .50c	9.5
CROSSFIX (Chocolaty Goodness) *contains nuts Almond Milk, Chocolate Protein , Coconut Butter, Cacao, Cashews , Maple Hemp Seeds, Banana, Cinnamon + Sea Salt *Add "Stoked Stick" (Coffee) for \$2 *Add F&R Peanut Butter .50c *Add F&R Almond Butter .75c	9
PITAYA PUNCH Laird Coconut Hydrate, Pitaya, Orange , Flax, Hemp, Strawberries + Banana	9.5
GOOD AF Coconut Milk, Avocado , Vanilla Protein, Blueberries , Banana, Coconut Butter + Maple	9
MANGO PRIDE Coconut Milk, Mango, Orange, Carrot , Vanilla Protein, Hemp Seeds + Maple	9
BOOM SHAKA MACA Almond Milk, F&R Almond Butter , Maca , Maple, Vanilla Protein, Banana + Sea Salt	9
AMAZON SUPER BERRY Acai, Almond Milk, F&R Peanut Butter , Vanilla Protein, Marionberries + Banana	9
LITTLE JAMMER for the littles Laird Coconut Hydrate, Vanilla Protein, Banana + Strawberries	7

SWEETS

LEMON CHIA PARFAIT (GRAB-N-GO)	9
Chia, Oat Milk, Maple, Vanilla Extract, Sea Salt + F&R Marionberry Compote, F&R Goji Granola, Berries + Lemon Zest	
BANANA BREAD (contains gluten)	3
GF-Oats, Banana, Coconut Sugar, Spelt Four, Flax, Almond Milk, Maple, Vanilla + Walnuts	
LEMON MARIONBERRY BREAD gluten-free	4
GF-Oat Flour, Banana, Maple Syrup, Coconut Oil, Lemon, F&R Marionberry Compote, Vanilla Extract, Almonds + Demerara Sugar	

FIX BARS gluten-free	4
GF-Oats, Dates, Coconut, Hemp Seeds, F&R Peanut Butter, Dark Chocolate, Pistachios, Dried Cherries, Vanilla + Cinnamon	

TEA + COFFEE + SUPERFOOD LATTES

DRIP COFFEE 12oz 16oz (available until 12pm)	3 4
Backparch Peloton Medium Roast	

OATLY COLD BREW COFFEE	7.5
Riff Cold Brew, Oat Milk, Cinnamon, Maple + Sea Salt - Over Ice	

ICED MATCHA	6
Mizuba Matcha, Oat Milk, Laird Superfood Creamer + Maple - Over Ice	

ICED GOLDEN MILK	6
Metolius Golden Milk Concentrate + Oat Milk -Over Ice	

ICED BLACK + GOLD TEA	5
Metolius Black + Gold Tea, Lemon Slice + Mint Leaf - Over Ice	

MATCHA LATTE	5
Mizuba Matcha, Laird Superfood Creamer, Maple + Hot Water	

CACAO LATTE	5
Cacao Powder, Laird Superfood Cacao, Laird Original Creamer, Maple + Hot Water *Add "Stoked Stick" (Coffee) For \$2	

TURMERIC LATTE	5
Laird Superfood Turmeric & Original Creamer, Ginger, Cinnamon, Black Pepper, Maple + Hot Water	

SMITH TEAMAKER TEAS	3
Earl Grey, Green or Peppermint	

GRAB & GO DRINKS

COLD PRESSED JUICE SELECTION	9
See Juice Menu	

COCO JOY or MELA WATERMELON WATER	4
Organic Coconut or Watermelon Water	

BUBLY WATER	2.5
Lime	

DRIFT WEST KEFIR WATER	4
Guava Mango Passion	

COMPASSION KOMBUCHA	6
Raspberry-Ginger, Elderberry	

RIFF COLD BREWED COFFEE Bottle	4

BOXED WATER	3

ADULT BEVERAGES

GHOSTFISH KICK STEP IPA OR Gluten Free alc 5.5% 12oz can	5
Classic NW IPA, Complex Hop Aromas w/Citrus + Mango + Pine	

CAPITOL FIZZ SPARKLING WINE OR alc 11% 187 mL Bottle	9
Dry Pink Bubbly w/Lively Acid + Pretty Aroma	

BOOCHCRAFT HARD KOMBUCHA CA alc 7% 12oz can	5
Organic, Plant-Based, GF, Probiotic Ginger Lime or Grapefruit Hibiscus	

PUPS (They Need Superfoods Too)

PUP SMOOTHIE	5
Kale, F&R Peanut Butter, Banana, Coconut Oil + Apple	

DOG COOKIE	1
GF-Oats, Banana, F&R Peanut Butter, Sweet Potato + Coconut Oil	

*Limited Indoor + Patio Seating

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Everything served in compostable to-go containers.

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MISSION

FIX & REPEAT means more than just to fix (repair) your body and repeat your sport again. We also strive to fix the planet and the community around us.

We want you to always feel like eating at FIX & REPEAT is making you, and the world, a little better each time.



FACTS

We are 100% plant-based for the animals, the planet and your health.

Please notify us of all allergies, just in case.

We use VEGA pea protein in our smoothies.

We think you're rad!

THANK YOU FOR YOUR
CONTINUED SUPPORT!

WAKE UP
DO GOOD
EAT WELL
FIX & REPEAT