

SMOOTHIE BOWLS

BLUEBERRY PIE *contains nuts **15**
Almond Milk, Lemon, Almond Butter, Dates, Banana
Blueberries, Cinnamon
Topped w/ F&R Goji Granola, Banana, Berries, Coconut, Almonds,
Cinnamon, Lemon Zest & Almond Butter Drizzle

ACAI (GF)*contains nuts **15**
Acai, Almond Milk, Blackberries, Banana, F&R Peanut Butter + Vanilla
Protein
Topped w/F&R Goji Granola, Banana, Berries, Cacao Nibs + Coconut

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 **12**
Sparrow Salted Bagel, F&R Lemon Cashew Cream Cheese, F&R Hemp
Seed Spice Mix, Tomato, Avocado, Arugula + EVOO

PB YAY (Peanut Butter/Almond Butter) *contains nuts **6/6.5**
F&R Peanut Butter or F&R Almond Butter + F&R Blackberry
Compote on Sparrow Miche Bread
Topped w/Banana, Cacao Nibs + Coconut

MILLENNIAL **7**
Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread

GARDEN VEGGIE SANDO *contains nuts **10.5**
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

"IT" SANDO *contains nuts **10.5**
F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado,
Arugula + Balsamic Reduction on Sparrow Miche Bread

HUMMUS + VEGGIE WRAP*contains nuts **(GRAB-N-GO)** **9**
Whole Wheat Tortilla, F&R Hummus, Za'atar, Carrot, Cucumber, Spicy
Peppers + Arugula

MACRO BOWLS | More

MORNING OAT BOWL (GF)*contains nuts **12.5**
GF Rolled Oats, Coconut Milk, Maca, Ashwagandha, Cinnamon,
Coconut Sugar + Sea Salt
Topped w/F&R Granola, Almond Butter, Blackberry Compote, Banana,
Maple + Lemon Zest

RICE BOWL (GF)*contains nuts **15**
Brown Rice, Black Beans, Sweet Potato, Spicy Chiles,
Walnut Pesto, Kale, Basil, Avocado, F&R **Cashew Cream** + Seed Mix

FIESTA BOWL (GF)*contains nuts **15**
Brown Rice, Arugula, Black Beans, Avocado, Salsa, Roasted Squash,
Roasted Corn, F&R **Cilantro Crema** + Pickled Cabbage

BANH MI BOWL (GF)*contains nuts **15**
Brown Rice, Roasted Cauliflower, Spicy Sesame Sauce,
Spinach, F&R **Sriracha Cashew Mayo**, Pickled Vegetables, Radish,
Cucumber, Cilantro, Purple Kholrabi Microgreens + Avocado

WINTER QUINOA BOWL (GF)*contains nuts **15**
Orange Scented Quinoa, Roasted Chickpeas, Butternut
Squash Puree, Pistachios, Sage, **Walnut Basil Pesto**, Lemon,
Arugula + Chili Flake

HARVEST BOWL (GF) **15**
Orange Scented Quinoa, Roasted Chickpeas, Spiced Roasted Squash
+ Red Onion+Broccoli, Kale, Hemp Seeds +Avocado w/ **Dijon Tahini**
Dressing + Lemon Wedge

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

DIY JUICE 16oz (not cold pressed) **12**
*Any Variation of Below Ingredients

SPICY GREENS **9**
Spinach, Celery, Cucumber, Apple,
Serrano Pepper + Lime

SIMPLE GREENS **9**
Spinach, Celery, Cucumber, Apple, Ginger + Lime

PARADISE GLOW **9**
Carrot, Orange, Pineapple, Lemon,
Turmeric + Ginger

SCHRUTE FARMS **9**
Beet, Carrot, Apple, Ginger + Lemon

SIMPLE DETOX **9**
Celery, Cucumber, Green Apple, Ginger,
Lemon + Mint

TRUE BLUE **9**
Lemon, Apple, Ginger, Coconut Water +
Blue Spirulina

"ACV" WELLNESS SHOT - 3oz **4**
Lemon, Apple, Ginger, Turmeric, Black Pepper +
Apple Cider Vinegar, Cinnamon

FLU SHOT - 3oz **4**
Lemon, Orange, Cayenne, Ginger + Kale

SMOOTHIES | 16oz

***GOLDEN SPICE** **9.5**
Coconut Milk, Almond Butter, Carrot Juice,
Apple, **Ginger, Nutmeg, Cinnamon, Cardamom,**
Turmeric, Hemp Seeds, Banana

BLUE BREEZE **9.5**
Coconut Milk, OJ, Lemon Juice, **Blue Spirulina,**
Maple, Vanilla Protein, **Pineapple + Mango**

THE STANDARD (Green Smoothie) *contains nuts **9.5**
Coconut Milk, **Spinach, Kale,** Vanilla Protein,
F&R **Peanut Butter,** Flax, Chia, **Apple** + Banana
*Sub F&R Almond Butter .50c

CROSSFIX (Chocolaty Goodness) *contains nuts **9**
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

PITAYA PUNCH **9.5**
Laird Coconut Hydrate, **Pitaya,**
Orange, Flax, Hemp, **Strawberries** + Banana

GOOD AF **9**
Coconut Milk, **Avocado,** Vanilla Protein,
Blueberries, Banana, Coconut Butter + Maple

MANGO PRIDE **9**
Coconut Milk, **Mango, Orange, Carrot,**
Vanilla Protein, Hemp Seeds + Maple

BOOM SHAKA MACA **9**
Almond Milk, F&R **Almond Butter,** Maca, Maple,
Vanilla Protein, **Banana** + Sea Salt

AMAZON SUPER BERRY **9**
Acai, Almond Milk, F&R **Peanut Butter,**
Vanilla Protein, **Blackberries** + Banana

LITTLE JAMMER | for the littles **7**
Laird Coconut Hydrate, Vanilla Protein,
Banana + Strawberries

SWEETS

- LEMON CHIA PARFAIT** | (GRAB-N-GO) **9**
Chia, Oat Milk, Maple, Vanilla Extract, Sea Salt + F&R Blackberry 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
- PUMPKIN PECAN BREAD** | gluten-free **4**
GF-Oat Flour, Pumpkin Puree, Maple Syrup, Coconut Oil, Spice Mix, Vanilla Extract, Pecans + Demarara 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**
Backporch Peloton Medium Roast
- OATLY COLD BREW COFFEE** **7.5**
"Boss Coffee" 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,
- 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

- PFRIEM IPA** | WA | alc 6.8% | 12oz can **5**
Piney Aroma, Big Hops, Huge Citrus, Candy-Like Malt
- 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

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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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**