

## 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

**POT SANDO** **13**  
Sweet Potato Thyme Latke, Sauteed Mushrooms, Dijon Aioli, Avocado  
Arugula + Mustard Microgreens on Sparrow Miche Bread

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

## MACRO BOWLS | More

\*Add Microgreens (Sunflower | Purple Kholrabi | Mustard) + \$1

**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

**CAULIFLOWER MASALA** (GF)\*contains nuts **15**  
Brown Rice, Spinach, Cauliflower, Garlic, Ginger, Coconut Oil, Yellow  
Onion, Tomato Paste, Coconut Milk, Turmeric, Avocado, Cilantro,  
Cashew Sour Cream, Cashews

**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**

SMOOTHIE ENHANCERS	CBD	2	Protein	1	Avocado	1
Hemp	.50		Spinach	.50	Date	.50
Chia	.50		Kale	.50	Peanut Butter	.50
Flax	.50		Cacao	.50	Almond Butter	.75
Maca	.50		Ginger	.50	Blue Spirulina	.75

## SWEETS

<b>LEMON CHIA PARFAIT</b>   (GRAB-N-GO)	9
Chia, Oat Milk, Maple, Vanilla Extract, Sea Salt + F&R Blackberry Compote, F&R Goji Granola, Berries + Lemon Zest	
<b>ORANGE GINGER SCONE</b>   Dragon Fruit Icing	4
Flax, Almond Milk, Ashwaganda, Orange, Candied Ginger, Coconut Oil Flour, Sugar, Vanilla Extract, Pitaya, Coconut Milk	
<b>BANANA BREAD</b> (contains gluten)	3
GF-Oats, Banana, Coconut Sugar, Spelt Four, Flax, Almond Milk, Maple, Vanilla + Walnuts	
<b>PUMPKIN PECAN BREAD</b>   (GF)	4
GF-Oat Flour, Pumpkin Puree, Maple Syrup, Coconut Oil, Spice Mix, Vanilla Extract, Pecans + Demarara Sugar	

<b>FIX BARS</b>   (GF)	4
GF-Oats, Dates, Coconut, Hemp Seeds, F&R Peanut Butter, Dark Chocolate, Pistachios, Dried Cherries, Vanilla + Cinnamon	

## TEA + COFFEE + SUPERFOOD LATTES

<b>AMERICANO</b> 12oz   16oz	3 4
Backporch	
<b>OATLY COLD BREW COFFEE</b>	7.5
"Boss Coffee" Cold Brew, Oat Milk, Cinnamon, Maple + Sea Salt - Over Ice	
<b>ICED MATCHA</b>	6
Mizuba Matcha, Oat Milk, Laird Superfood Creamer + Maple - Over Ice	
<b>ICED GOLDEN MILK</b>	6
Metolius Golden Milk Concentrate + Oat Milk -Over Ice	
<b>ICED BLACK + GOLD TEA</b>	5
Metolius Black + Gold Tea, Lemon Slice + Mint Leaf - Over Ice	
<b>MATCHA LATTE</b>	5
Mizuba Matcha, Laird Superfood Creamer, Maple + Hot Water	
<b>CACAO LATTE</b>	5
Cacao Powder, Laird Superfood Cacao, Laird Original Creamer, Maple + Hot Water *Add "Stoked Stick" (Coffee) For \$2	
<b>TURMERIC LATTE</b>	5
Laird Superfood Turmeric & Original Creamer, Ginger,	
<b>SMITH TEAMAKER TEAS</b>	3
Earl Grey, Green or Peppermint	

## GRAB & GO DRINKS

<b>COLD PRESSED JUICE SELECTION</b>	9
See Juice Menu	
<b>COCO COAST or MELA WATERMELON WATER</b>	4
Organic Coconut or Watermelon Water	
<b>BUBLY WATER</b>	2.5
Lime	
<b>DRIFT WEST KEFIR WATER</b>	4
Guava Mango Passion	
<b>COMPASSION KOMBUCHA</b>	6
Raspberry-Ginger, Elderberry	
<b>BACKPOARCH COLD BREW-CAN</b>	5
<b>BOXED WATER</b>	3

## ADULT BEVERAGES

<b>PFRIEM IPA</b>   WA   alc 6.8%   12oz can	5
<b>CAPITOL FIZZ SPARKLING WINE</b>   OR   alc 11%   187 mL Bottle	9
<b>BOOCHCRAFT HARD KOMBUCHA</b>   CA   alc 7%   12oz can	5

## PUPS (They Need Superfoods Too)

<b>PUP SMOOTHIE</b>	5
Kale, F&R Peanut Butter, Banana, Coconut Oil + Apple	
<b>DOG COOKIE</b>	1
GF-Oats, Banana, F&R Peanut Butter, Sweet Potato + Coconut Oil	

## \*Limited Indoor + Patio Seating

Delivery: UberEats | GrubHub | DoorDash  
Everything served in compostable to-go containers.

Order Online @  
[www.fixandrepeat.com](http://www.fixandrepeat.com)  
or Call  
541-385-9603

Open Every Day  
8:30am - 2:30pm  
555 NW Arizona Ave Suite 50

## 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