

SMOOTHIE BOWLS

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| BLUEBERRY PIE *contains nuts 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 | 15 |
| ACAI (GF)*contains nuts Acai, Almond Milk, Blackberries, 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

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|---|-------|
| "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 Blackberry Compote on Sparrow Miche Bread Topped w/Banana, Cacao Nibs + Coconut | 6/6.5 |
| MILLENNIAL Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread | 7 |
| POT SANDO Sweet Potato Thyme Latke, Sauteed Mushrooms, Dijon Aioli, Avocado Arugula + Mustard Microgreens on Sparrow Miche Bread | 13 |
| "IT" SANDO *contains nuts F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado, Arugula + Balsamic Reduction on Sparrow Miche Bread | 11 |

MACRO BOWLS | More

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

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| APPLE OAT BOWL (GF)*contains nuts GF Rolled Oats, Coconut Milk, Apple Cinnamon Compote Topped w Cashew Cinnamon Date Cream, Roasted Walnuts + Almonds + Fresh Apples | 12.5 |
| CHIPOTLE CHILI (GF)*contains nuts Butternut Squash, Onion, Black Beans, Garlic, Bell Pepper served on a bed of Arugula and Rice and topped with Cashew Sour Cream and Cilantro. | 15.5 |
| FIESTA BOWL (GF)*contains nuts Brown Rice, Arugula, Black Beans, Avocado, Salsa, Roasted Squash, Roasted Corn, F&R Cilantro Crema + Pickled Cabbage | 15.5 |
| BANH MI BOWL (GF)*contains nuts Brown Rice, Roasted Cauliflower, Spicy Sesame Sauce, Spinach, F&R Sriracha Cashew Mayo, Pickled Vegetables, Radish, Cucumber, Cilantro, Purple Kholrabi Microgreens + Avocado | 15.5 |
| WINTER QUINOA BOWL (GF)*contains nuts Orange Scented Quinoa, Roasted Chickpeas, Butternut Squash Puree, Pistachios, Sage, Walnut Basil Pesto, Lemon, Arugula + Chili Flake | 15.5 |
| HARVEST BOWL (GF) Orange Scented Quinoa, Roasted Chickpeas, Spiced Roasted Squash + Red Onion+Broccoli, Kale, Hemp Seeds +Avocado w/ Dijon Tahini Dressing + Lemon Wedge | 15.5 |

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

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|--|----|
| 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 |
| "ACV" WELLNESS SHOT - 3oz Lemon, Apple, Ginger, Turmeric, Black Pepper + Apple Cider Vinegar, Cinnamon | 4 |
| FLU SHOT - 3oz Lemon, Orange, Cayenne, Ginger + Kale | 4 |

SMOOTHIES | 16oz

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| *GOLDEN SPICE Coconut Milk, Almond Butter, Carrot Juice, Apple, Ginger, Nutmeg, Cinnamon, Cardamom, Turmeric, Hemp Seeds, Banana | 9.5 |
| BLUE BREEZE Coconut Milk, OJ, Lemon Juice, Blue Spirulina, Maple, Vanilla Protein, Pineapple + 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, Blackberries + Banana | 9 |
| LITTLE JAMMER for the littles Laird Coconut Hydrate, Vanilla Protein, Banana + Strawberries | 7 |

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|-----------------------|------|-----|---------|-----|----------------|-----|
| 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

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| 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 (GF) | 4 |
| GF-Oat Flour, Pumpkin Puree, Maple Syrup, Coconut Oil, Spice Mix, Vanilla Extract, Pecans + Demarara Sugar | |
| FIX BARS (GF) | 4 |
| GF-Oats, Dates, Coconut, Hemp Seeds, F&R Peanut Butter, Dark Chocolate, Pistachios, Dried Cherries, Vanilla + Cinnamon | |

TEA + COFFEE + MORE

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|---|--|-----------|
| | *Extra shot 1.75 Syrup .50 Chocolate .75 | |
| AMERICANO | 12oz 16oz | 3.25 4.50 |
| Backporch | | |
| LATTE | 12oz 16oz | 5.25 5.75 |
| Oat Almond Coconut Milk Vanilla Caramel | | |
| MOCHA | 12oz 16oz | 6 7 |
| Oat Almond Coconut Milk Chocolate Sauce | | |
| MATCHA LATTE (also available over ice) | 12oz 16oz | 5.25 6 |
| Oat Almond Coconut Milk Mizubu Matcha, Maple Syrup | | |
| CHAI LATTE (also available over) | 12oz 16oz | 5.25 6 |
| Metolius Golden Milk Concentrate + Oat Milk | | |
| HOT CHOCOLATE | 12oz 16oz | 4.50 5.25 |
| Oat Almond Coconut Milk Chocolate Sauce + Cacao | | |
| STEAMER | 12oz 16oz | 4.25 5 |
| Oat Almond Coconut Milk Vanilla Caramel | | |
| OATLY COLD BREW COFFEE | 16oz | 7.5 |
| "Boss Coffee" Cold Brew, Oat Milk, Cinnamon, Maple + Sea Salt - Over Ice | | |

SMITH TEAMAKER TEAS 3
Earl Grey, Green or Peppermint

GRAB & GO DRINKS

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|-------------------------------------|-----|
| COLD PRESSED JUICE SELECTION | 9 |
| See Juice Menu | |
| COCO COAST or MELA WATERMELON WATER | 4 |
| Organic Coconut or Watermelon Water | |
| BUBLY WATER | 2.5 |
| DRIFT WEST KEFIR WATER | 4 |
| COMPASSION KOMBUCHA | 6 |
| BACKPOARCH COLD BREW-CAN | 5 |
| BOXED WATER | 3 |

ADULT BEVERAGES

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| PFRIEM IPA WA alc 6.8% 12oz can | 5 |
| CAPITOL FIZZ SPARKLING WINE OR alc 11% 187 mL Bottle | 9 |
| BOOHCRAFT HARD KOMBUCHA CA alc 7% 12oz can | 5 |
| 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

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

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or Call
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Open Every Day
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555 NW Arizona Ave Suite 50

MISSION

FIX & REPEAT means more than just to fix (repair) your body and repeat your activity 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