

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, Cocoa 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, Cocoa 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 **11**
 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

LEMON BLUEBERRY OAT BOWL (GF)*contains nuts **12.5**
 GF Rolled Oats, Coconut Milk
Topped w/ F&R Blueberry Compote, Lemon Curd,
 Lemon Date Cream + Roasted Almonds

RICE BOWL (GF)*contains nuts **15.5**
 Brown Rice, Black Beans, Sweet Potato, Spicy Chiles,
 Walnut Pesto, Kale, Basil, Avocado, **Cashew Cream** + Seed Mix

FIESTA BOWL (GF)*contains nuts **15.5**
 Brown Rice, Arugula, Black Beans, Avocado, Salsa, Roasted Squash,
 Roasted Corn, F&R **Cilantro Crema** + Pickled Cabbage

BANH MI BOWL (GF)*contains nuts **15.5**
 Brown Rice, Roasted Cauliflower, Spicy Sesame Sauce,
 Spinach, F&R **Sriracha Cashew Mayo**, Pickled Vegetables, Radish,
 Cucumber, Cilantro, Purple Kholrabi Microgreens + Avocado

HARVEST BOWL (GF) **15.5**
 Orange Scented Quinoa, Roasted Chickpeas, Spiced Roasted Squash +
 Red Onion+Broccoli, Kale, Hemp Seeds +Avocado
 w/ **Dijon Tahini Dressing** + Lemon Wedge

GREEN GODDESS SALAD (GF)*contains nuts **15.5**
 Spring Mix, Raddichio, Roasted Chickpeas, Snap Peas,
 Roasted Cashews +Avocado w/ **Green Goddess Dressing**, Lemon Zest,
 Sea Salt, GF Croutons + Dill

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

***MATCHA MOTIVATOR** **9.5**
 Coconut Milk, Lime Juice, Lime Zest, **Matcha**
 Vanilla Protein, **Avocado, Spinach, Mango** + 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		Protein		Avocado	
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

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

LEMON POPPYSEED BREAD | (GF) 4
GF-Oat Flour, Poppyseeds, F&R Marionberry Compote, Maple Syrup, Coconut Sugar, Lemon Juice, Coconut Oil, Vanilla Extract Almond Milk + Demerara 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

*Extra shot 1.75 | Syrup .50 | Chocolate .75

AMERICANO 3.25|4.5
Backporch 12oz | 16oz

LATTE 5.25|5.75
Oat | Almond | Coconut Milk 12oz | 16oz
Vanilla | Caramel

MOCHA 6|7
Oat | Almond | Coconut Milk 12oz | 16oz
Chocolate Sauce

MATCHA LATTE (also available over ice) 5.25|6
Oat | Almond | Coconut Milk 12oz | 16oz
Mizubu Matcha, Maple Syrup

CHAI LATTE (also available over ice) 5.25|6
Metolius Chai Concentrate + Oat Milk 12oz | 16oz

GOLDEN MILK LATTE (also available over ice) 5.25|6
Metolius Golden Concentrate + Oat Milk 12oz | 16oz

HOT CHOCOLATE 4.5|5.25
Oat | Almond | Coconut Milk 12oz | 16oz
Chocolate Sauce + Cacao

STEAMER 4.25|5
Oat | Almond | Coconut Milk 12oz | 16oz
Vanilla | Caramel

OATLY COLD BREW COFFEE 7.5
"Boss Coffee" Cold Brew, Oat Milk, Cinnamon, Maple + Sea Salt - Over Ice |16oz

SMITH TEAMAKER TEAS 3
Earl Grey, Green or Peppermint

GRAB & GO DRINKS

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

PFRIEM IPA | WA | alc 6.8% |12oz can 5

CAPITOL FIZZ SPARKLING WINE | OR | alc 11% | 187 mL Bottle 9

BOOCHCRAFT 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

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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**