SMOOTHIE BOWLS

BEACH BOWL (GF)*contains nuts — **15.5**
Coconut Milk, Lemon Juice, Vanilla Protein, Blue Spirulina, Pineapple + Banana
Topped w/F&R Goji Granola, Banana, Berries + Coconut

VERY BERRY (GF)*contains nuts — **15.5**
Coconut Milk, Maple, Lemon Zest, Vanilla Protein, Pitaya, Strawberries, Raspberries + Banana
Topped w/F&R Goji Granola, Berries, Banana + Coconut

ACAI BOWL (GF)*contains nuts — **15.5**
Acai, Almond Milk, Blackberries, Banana, F&R Peanut Butter + Vanilla Protein
Topped w/F&R Goji Granola, Banana, Berries, Cacoa Nibs + Coconut

TOASTS | More

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

"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 — **12**
F&R Garlic & Herb Cashew Cream Cheese, Tomato, Cucumber Red Onion, Pickled Jalapenos, Arugula + Mustard Microgreens on Sparrow Miche Bread
*add Avocado For a Buck

"IT" SANDO *contains nuts — **11.5**
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 Kohlrabi | Mustard) + $1

MANGO CHIA PUDDING (GF)*contains nuts — **12**
Chia Seeds, Coconut Cream, Agave, Vanilla Extract, Sea Salt + Mango Puree
Topped w/ Fresh Berries + Roasted Almonds

SUMMER QUINOA BOWL (GF)*contains nuts — **15.5**
Orange Scented Quinoa, Roasted Chickpeas, Lemon Vinaigrette, F&R **Mint & Basil Pesto**, Pistachios, Arugula, Sea Salt + Chili Flake

FIESTA BOWL (GF)*contains nuts — **15.5**
Brown Rice, Arugula, Black Beans, Avocado, Salsa, Sweet Potato, 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, Daikon Radish, Cucumber, Cilantro, Purple Kohlrabi Microgreens + Avocado

KALE CAESAR (GF)*contains nuts — **13**
Kale, Roasted Chickpeas, GF Croutons, Avocado, Lemon Zest + Caeser Dressing

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**

PASSION PUNCH — **9.5**
Coconut Milk, OJ, **Passion Fruit Puree**, Orange Zest, Vanilla Protein, Maple Syrup, **Strawberries** + **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 — **9.5**
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

AMAZON SUPER BERRY — **9.5**
Acai, Almond Milk, F&R **Peanut Butter**, Vanilla Protein, **Blackberries** + Banana

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

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

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

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 Flour, Flax, Almond Milk, Maple, Vanilla + Walnuts

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 (16oz also available over ice) Backporch	12oz | 16oz	**3.25|4.5**
LATTE (16oz also available over ice) Oat | Almond | Coconut Milk **Vanilla** | **Caramel**	12oz | 16oz	**5.25|5.75**
MOCHA (16oz also available over ice) Oat | Almond | Coconut Milk **Chocolate Sauce**	12oz | 16oz	**6|7**
MATCHA LATTE (16oz also available over ice) Oat | Almond | Coconut Milk **Mizuba Matcha, Maple Syrup**	12oz | 16oz	**5.25|6**
CHAI LATTE (16oz also available over ice) **Metolius Chai** Concentrate + Oat Milk	12oz | 16oz	**5.25|6**
GOLDEN MILK LATTE (16oz also available over ice) **Metolius Golden** Concentrate + Oat Milk	12oz | 16oz	**5.25|6**
HOT CHOCOLATE Oat | Almond | Coconut Milk **Chocolate Sauce + Cacao**	12oz | 16oz	**4.5|5.25**
OATLY COLD BREW COFFEE **"Boss Coffee" Cold Brew**, Oat Milk, Cinnamon, Maple + Sea Salt - Over Ice	16oz	**7.5**
SMITH TEAMAKER TEAS Earl Grey | Green | Peppermint	12oz | 16oz	**3**
ICED BLACK + GOLD TEA **Metolius Black + Gold Tea**, Lemon Slice + Mint Leaf Over Ice	16oz	**5**

GRAB & GO DRINKS

COLD PRESSED JUICE SELECTION See Juice Menu	**9**
COCO COAST or MELA WATERMELON WATER Organic Coconut or Watermelon Water	**4**
BUBLY WATER	**2.5**
BeGOAT CASCARA ENERGY DRINK (Rotating Flavors)	**4**
HAPPY MOUNTAIN KOMBUCHA (Rotating Flavors)	**4**
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 Kale, F&R Peanut Butter, Banana, Coconut Oil + Apple	**6**
DOG COOKIE GF-Oats, Banana, F&R Peanut Butter, Sweet Potato + Coconut Oil	**1**

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