

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 + Coconut
- ACAI BOWL** (GF)*contains nuts 15.5
Acai, Almond Milk, Marionberries, 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 Kohlrabi | 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 Marionberry
Compote on Sparrow Miche Bread
Topped w/Banana, Cocoa Nibs + Coconut
*add Strawberries for a \$1
- MILLENNIAL** 7
Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread
- GARDEN VEGGIE SANDO***contains nuts 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 \$1
- “IT” SANDO** *contains nuts 11.5
F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado,
Arugula + Balsamic Reduction on Sparrow Miche Bread
- HUMMUS & VEGGIE WRAP (Grab N Go)** 9.5
Whole Wheat Tortilla, F&R Hummus, Za’atar, Carrot, Cucumber, Spicy
Peppers +Arugula

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 Tahini,
F&R **Mint & Basil Pesto**, Pistachios, Snap Peas, 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) 13
Kale, Roasted Chickpeas, GF Croutons, Avocado, Lemon Zest +
Caesar Dressing

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

- DIY JUICE** 16oz (not cold pressed) 12
*Any Variation of Below Ingredients
- PEACH PITAYA LEMONADE** 9
Peaches, Green Apple, Lemon, Coconut Water,
Pitaya
- 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***contains nuts 9.5
Acai, Almond Milk, F&R **Peanut Butter**,
Vanilla Protein, **Marionberries** + Banana
- MANGO PRIDE** 9
Coconut Milk, **Mango, Orange, Carrot**,
Vanilla Protein, Hemp Seeds + Maple
- BOOM SHAKA MAKU** *contains nuts 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) *contains nuts Chia, Oat Milk, Maple, Vanilla Extract, Sea Salt + F&R Blackberry Compote, F&R Goji Granola, Berries + Lemon Zest	9
BANANA BREAD (contains gluten) *contains nuts GF-Oats, Banana, Coconut Sugar, Spelt Flour, Flax, Almond Milk, Maple, Vanilla + Walnuts	3
FIX BARS (GF)*contains nuts GF-Oats, Dates, Coconut, Hemp Seeds, F&R Peanut Butter, Dark Chocolate, Pistachios, Dried Cherries, Vanilla + Cinnamon	4

TEA + COFFEE + MORE

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

AMERICANO (16oz also available over ice) Backporch Beans	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 JOY or MELA WATERMELON WATER Coconut or Watermelon Water	4
BUBLY WATER	2.5
BeGOAT CASCARA ENERGY DRINK (Rotating Flavors)	4
HAPPY MOUNTAIN KOMBUCHA (Rotating Flavors)	4
BACKPORCH 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

*Limited Indoor + Patio Seating

Delivery: UberEats | GrubHub | DoorDash

Order Online @
www.fixandrepeat.com
or Call
541-385-9603

Open Every Day
8am - 4pm
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