

SMOOTHIE BOWLS

BLUEBERRY PIE (GF)*contains nuts	15.5
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	
CHOCOLATE CHERRY BOWL (GF)*contains nuts	15.5
Almond Milk, Maple, Orange Zest, Chocolate Protein, Cashew Butter, Cacao, Bananas + Cherries Topped w/F&R Goji Granola, Banana, Pistachios, Cacao Nibs + 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, Cacao 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/Cashew 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, Cacao Nibs + Coconut *add Strawberries for a \$1	
MILLENNIAL	7
Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread	
POT SANDO	13
Sweet Potato Thyme Latke, Sautéed Mushrooms, Dijon Aioli, Avocado, Arugula + Mustard Microgreens on Sparrow Miche Bread	
"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

ROTATING WEEKLY SPECIAL: PLEASE ASK	Varies
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, Marionberry Compote, Banana, Maple + Lemon Zest	
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	
FIESTA BOWL (GF)*contains nuts	15.5
Brown Rice, Arugula, Black Beans, Avocado, Salsa, Butternut Squash, Roasted Corn, F&R Cilantro Crema + Pickled Cabbage	
WINTER QUINOA BOWL (GF)*contains nuts	15.5
Orange Scented Quinoa, Roasted Chickpeas, Butternut Squash Puree, Pistachios, Sage, Walnut Basil Pesto, Lemon, Arugula, Chili Flake	

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 (seasonal)*contains nuts	9.5
Coconut Milk, Almond Butter, Carrot Juice, Apple, Ginger, Nutmeg, Cinnamon, Cardamom, Turmeric, Hemp Seeds + Banana	
BLUE BREEZE	9.5
Coconut Milk, OJ, Mango, Pineapple, Lemon Juice, Maple, Vanilla Protein, Blue Spirulina	
MATCHA MOTIVATOR	9.5
Coconut Milk, Lime Juice, Lime Zest, Matcha Vanilla Protein, Avocado, Spinach, Mango + Banana	
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/Cashew 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/Cashew 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 Juice, Vanilla Protein, Hemp Seeds + Maple	
BOOM SHAKA MAKKA *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	Cashew Butter	.75
Chia	.50	Kale	.50	Peanut Butter	.50
Flax	.50	Cacao	.50	Almond Butter	.75
Maca	.50	Ginger	.50	Blue Spirulina	.75
Date	.50			Chagaccino	2

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
PUMPKIN PECAN BREAD (GF)*contains nuts GF Oat Flour, Pumpkin Puree, Maple, Coconut Oil, Vanilla, Pumpkin Spice Mix, Pecans + Demerara	4
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 | Chagaccino 2

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 Pumpkin Spice	12oz 16oz	5.25 5.75
MOCHA (16oz also available over ice) Oat Almond Coconut Milk Chocolate Sauce	12oz 16oz	6 7
CHAGACCINO (Chaga Mushroom Powder) Oat Almond Coconut Milk	12oz 16oz	5 6
LONDON FOG (Smith Tea- Early Grey) Oat Almond Coconut Milk	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

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

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or Call
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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
KICK ASS
FIX & REPEAT