

SMOOTHIE BOWLS

BLUEBERRY PIE (GF)*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	15.5
SPRING CHERRY BOWL (GF)*contains nuts Banana, Cherries, Blueberries, Coconut Milk, Lime Juice + Maple Topped w/ F&R Goji Granola, Coconut Flakes, Blueberries, Banana, Pistachios, Coconut Cream + Lime Zest	15.5
ACAI BOWL (GF)*contains nuts Acai, Almond Milk, Marionberries, Banana, F&R Peanut Butter + Vanilla Protein Topped w/ F&R Goji Granola, Banana, Berries, Cocoa Nibs + Coconut	15.5

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 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/Cashew Butter) *contains nuts 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	6/6.5

MILLENNIAL Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread	7
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POT SANDO Sweet Potato Thyme Latke, Sauteed Mushrooms, Dijon Aioli, Avocado, Arugula + Mustard Microgreens on Sparrow Miche Bread	13
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"IT" SANDO *contains nuts F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado, Arugula + Balsamic Reduction on Sparrow Miche Bread	11.5
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MACRO BOWLS | More

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

MORNING OAT BOWL (GF)*contains nuts 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	12.5
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RICE BOWL (GF)*contains nuts Brown Rice, Black Beans, Sweet Potato, Spicy Chiles, Walnut Pesto , Kale, Basil, Avocado, F&R Cashew Cream + Seed Mix	15.5
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BANH MI BOWL (GF)*contains nuts Brown Rice, Roasted Cauliflower, Spicy Sesame Sauce, Spinach, F&R Sriracha Cashew Mayo , Pickled Vegetables, Daikon Radish, Cucumber, Cilantro, Purple Kohlrabi + Avocado	15.5
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SOUTHWEST SALAD (GF)*contains nuts Spring Mix, Quinoa, Spiced Sweet Potatoes, Celery, Carrot, Tomatoes, F&R Spiced Walnut Crumble , Avocado + F&R Ranch Dressing	15.5
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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
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JUICES | 12oz Cold Pressed | GRAB-N-GO

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

*STRAWBERRY DREAM (seasonal) Coconut Milk, Lemon Juice, Vanilla Extract, Vanilla Protein, Hemp Seeds, Coconut Butter, Dates, Banana, Strawberry + Coconut Cream	9.5
BLUE BREEZE Coconut Milk, OJ, Mango , Pineapple , Lemon Juice, Maple, Vanilla Protein, Blue Spirulina	9.5
MATCHA MOTIVATOR Coconut Milk, Lime Juice, Lime Zest, Matcha Vanilla Protein, Avocado , Spinach , Mango + Banana	9.5
PASSION PUNCH Coconut Milk, OJ, Passion Fruit Puree , Orange Zest, Vanilla Protein, Maple Syrup, Strawberries + 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/Cashew 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/Cashew Butter .75c	9.5
AMAZON SUPER BERRY *contains nuts Acai , Almond Milk, F&R Peanut Butter , Vanilla Protein, Marionberries + Banana	9.5
MANGO PRIDE Coconut Milk, Mango , Orange , Carrot Juice , Vanilla Protein, Hemp Seeds + Maple	9
BOOM SHAKA MAKKA *contains nuts Almond Milk, F&R Almond Butter , Maca , Maple, Vanilla Protein, Banana + Sea Salt	9
GOOD AF Coconut Milk, Avocado , Vanilla Protein, Blueberries , Banana, Coconut Butter + Maple	9
LITTLE JAMMER for the littles Laird Coconut Hydrate, Vanilla Protein, Banana + Strawberries	7

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
ORANGE MARIONBERRY BREAD (GF) GF Oat Flour, Sweet Potato, Maple, Coconut Oil, Vanilla, Orange, Marionberry Compote + 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) Thump Espresso 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
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

Delivery: UberEats | GrubHub | DoorDash

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

Open Every Day
8:30 - 2:30pm
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.

Consuming raw food may increase your chances of foodborne illness.

We use VEGA pea protein in our smoothies.

THANK YOU FOR YOUR
CONTINUED SUPPORT!

WAKE UP
KICK ASS
FIX & REPEAT