

SMOOTHIE BOWLS

- VERY BERRY** (GF)*contains nuts 16
Coconut Milk, Maple, Lemon Zest, Vanilla Protein, Pitaya, Strawberries, Raspberries + Banana
Topped w/F&R Goji Granola, Berries + Coconut
- BEACH BOWL** (GF)*contains nuts 16
Coconut Milk, Lemon Juice, Vanilla Protein, Blue Spirulina, Pineapple + Banana
Topped w/F&R Goji Granola, Banana, Berries + Coconut
- ACAI BOWL** (GF)*contains nuts 16
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

- WAFFLES** 13
Spelt Flour, Oat Milk, Cane Sugar, Vanilla Extract, Coconut Oil, Sea Salt
#1 Topped w/Blueberry Coconut Cream, Almond Butter, Toasted Coconut + Blueberries
#2 Topped w/Cashew Date Sauce, Marionberry Compote, Roasted Nut Mix (Pecans, Pumpkin Seeds, Almonds, Agave, Coconut Oil, Sea Salt)

- MILLENNIAL** 7
Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread

- GREEN GODDESS SANDO** *contains nuts 13
Chickpea Salad, Arugula, Mustard Microgreens, Cucumber, Avo, Sea Salt, EVOO on Sparrow Miche Bread

- “IT” SANDO** *contains nuts 12
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 12.5
Chia Seeds, Coconut Cream, Agave, Vanilla Extract, Sea Salt + Mango Puree
Topped w/ Fresh Berries + Roasted Almonds

- SUMMER QUINOA BOWL** (GF)*contains nuts 16
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 16
Brown Rice, Arugula, Black Beans, Avocado, Salsa, Sweet Potato, Roasted Corn, F&R **Cilantro Crema** + Pickled Cabbage

- BANH MI BOWL** (GF)*contains nuts 16
Brown Rice, Roasted Cauliflower, Spicy Sesame Sauce, Spinach, F&R **Sriracha Cashew Mayo**, Pickled Vegetables, Daikon Radish, Cucumber, Cilantro, Purple Kohlrabi Microgreens + Avocado

- SOUTHWEST SALAD** (GF)*contains nuts 16
Spring Mix, Quinoa, Spiced Sweet Potatoes, Celery, Carrot, Tomatoes, F&R **Spiced Walnut Crumble**, Avocado + F&R **Ranch Dressing**

- KALE CAESAR** (GF) (Grab N Go) 12
Kale, Roasted Chickpeas, GF Croutons, Lemon Zest + Caesar Dressing

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

- DIY JUICE** 16oz (not cold pressed) 12
*Any Variation of Below Ingredients
- THE CURE** 9
Pineapple, Lemon, Kale, Celery, Cucumber, Parsley Green Apple, Serrano, Chlorophyll + Sea Salt
- 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

- *GUAVA SUNRISE** (seasonal) 10
Coconut Milk, **Guava**, Lemon, Maple, Vanilla Protein, Orange Zest, Ginger, Turmeric, **Pineapple** + **Dragonfruit Coconut Cream**
- *STRAWBERRY DREAM** (seasonal) 10
Coconut Milk, Lemon Juice, Vanilla Extract, Vanilla Protein, Hemp Seeds, Coconut Butter, Dates, Banana, **Strawberry** + **Coconut Cream**
- BLUE BREEZE** 10
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 .75c
- AMAZON SUPER BERRY***contains nuts 9.5
Acai, Almond Milk, F&R **Peanut Butter**, Vanilla Protein, **Marionberries** + Banana
- BOOM SHAKA MAK** *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** + **Strawberry**

SMOOTHIE ENHANCERS

CBD	2	Protein	1	Avocado	1
Hemp	.50	Spinach	.50	Probiotic	2
Chia	.50	Kale	.50	Peanut Butter	.50
Flax	.50	Cacao	.50	Almond Butter	.75
Maca	.50	Ginger	.50	Blue Spirulina	.75
Date	.50	Chlorophyll	2	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	
SMITH TEAMAKER TEAS Earl Grey Green Peppermint	12oz 16oz	3
OATLY COLD BREW COFFEE "Boss Coffee" Cold Brew, Oat Milk, Cinnamon, Maple + Sea Salt - Over Ice	16oz	7.5
ICED BLACK + GOLD TEA Metolius Black + Gold Tea, Lemon Slice + Mint Leaf Over Ice	16oz	5
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

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

BUBBLES	9
MIMOSA w/OJ	12
MIMOSA FLIGHT w/3 Rotating Juices	26
PFRIEM IPA WA alc 6.8% 12oz can	5
BOOCHCRAFT HARD KOMBUCHA CA alc 7% 12oz can	5

*Limited Indoor + Patio Seating

Delivery: UberEats | GrubHub | DoorDash

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

Open Every Day
8am-5pm
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.

We think you're rad!

THANK YOU FOR YOUR
CONTINUED SUPPORT!

WAKE UP
KICK ASS
FIX & REPEAT

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