

SMOOTHIE BOWLS

- BLUEBERRY PIE** (GF)*contains nuts 16
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
- PUMPKIN SPICE** (GF)*contains nuts 16
Coconut Milk, Ashwaganda, Hemp, Spice Mix, Almond Butter,
Ginger + Banana
Topped w/F&R Goji Granola, Banana, Berries, Toasted Nut Mix +
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 13
Sparrow Salted Bagel, F&R Lemon Cashew Cream Cheese, F&R Hemp
Seed Spice Mix, Tomato, Avocado, Arugula + EVOO
- PB YAY** *contains nuts 7
Peanut Butter, Marionberry Compote, Banana, Cacao Nibs, Coconut
on Sparrow Miche Bread
- WAFFLES** *also available with maple syrup only 13
Spelt Flour, Oat Milk, Cane Sugar, Vanilla Extract, Coconut Oil, Sea Salt
Topped w/Cashew Date Sauce, Marionberry Compote, Toasted 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

- POT SANDO** 13
Sweet Potato Thyme Latke, Sauteed Mushrooms, Dijon Aioli, Avocado,
Arugula + Mustard Microgreens on Toasted Sparrow Miche Bread

- "IT" SANDO** *contains nuts 12
F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado,
Arugula + Balsamic Reduction on Toasted Sparrow Miche Bread

MACRO BOWLS | More

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

ROTATING WEEKLY SPECIAL: PLEASE ASK

- 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

- SPICED BURRITO w/Avocado Sauce** *contains nuts 14/16
Brown Rice, Corn, Black Beans, Sweet Potato + Onions,
Walnut Crumble, Salsa + Avocado Citrus Sauce + Whole Wheat Tortilla
*(Flour tortilla may be substituted when whole wheat n/a)
***Available as a BOWL w/ Arugula + Avo**

- WINTER QUINOA BOWL** (GF)*contains nuts 16
Orange Scented Quinoa, Roasted Chickpeas, Butternut
Squash Puree, Pistachios, Sage, **Walnut Basil Pesto**, Lemon, Arugula +
Chili Flake

- HARVEST BOWL** (GF) 16
Orange Scented Quinoa, Roasted Chickpeas, Spiced Roasted Squash +
Red Onion+Broccoli, Kale, Hemp Seeds +Avocado
w/ **Dijon Tahini Dressing** + Lemon Wedge

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

- GRANT'S CHOCOLATE RASPBERRY WISH** 10
Coconut Milk, **Chocolate Protein**, Peanut Butter, Dates
Cacao, Sea Salt, **Raspberries** + Banana +**Coconut Cream**
- PASSION PUNCH** 10
Coconut Milk, OJ, **Passion Fruit Puree**, Vanilla Protein,
Orange Zest, Maple, Turmeric, **Strawberries** + **Mango**
- STRAWBERRY DREAM** 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
- 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
- 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 + **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
Flax	.50			Coconut Cream	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
ENERGY BALLS (GF)*contains nuts Carrot Cake: Pumpkin Seeds, Coconut, Cinnamon, Spices, Dates, Sea Salt, Carrot, Maple + Pecan Chocolate Protein: GF-Rolled Oats, PB, Coconut Oil, Maple, Cacao Nibs, Chia, Flax, Chocolate Protein + Coconut	2 each or (3) x 5.5

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
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 Pumpkin	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

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-2pm
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