

SMOOTHIE BOWLS

ORANGE DREAMSICLE (GF)*contains nuts 16
Coconut Milk, OJ, Orange Zest, Vanilla Protein, Turmeric, Vanilla, Mango, Pineapple + Banana
Topped w/ F&R Goji Granola, Banana, Berries, Pistachios, Coconut + Orange Zest

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
*add Strawberries \$2

WAFFLE *also available with maple syrup only 13
Spelt Flour, Oat Milk, Cane Sugar, Vanilla Extract, Coconut Oil, Cinnamon, Allspice + Sea Salt
Topped w/Cashew Date Sauce, Marionberry Compote, Toasted Nut Mix (Pecans, Pumpkin Seeds, Almonds, Agave, Coconut Oil, Sea Salt)

MILLENNIAL 8
Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread

“IT” SANDO *contains nuts 13
F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado, Arugula + Balsamic Reduction on Toasted Sparrow Miche Bread

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

MACRO BOWLS | More

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

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
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** (GF) 16

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 + Lemon Zest

CRISPY RICE SALAD (GF)*contains nuts 16
Spring Mix, Crispy Rice, Cabbage, Cucumber, Red Bell Pepper, Green Onion, Cashews, Sesame Seeds, Avocado, Mint + F&R Peanut 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

“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, **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 10
Coconut Milk, Lime Juice, Lime Zest, **Matcha**, Vanilla Protein, **Avocado**, **Spinach**, **Mango** + Banana

THE STANDARD (Green Smoothie) *contains nuts 10
Coconut Milk, **Spinach**, **Kale**, Vanilla Protein, F&R **Peanut Butter**, Flax, Chia, **Apple** + Banana
*Sub F&R Almond Butter .50c

CROSSFIX (Chocolatey Goodness) *contains nuts 10
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 10
Acai, Almond Milk, F&R **Peanut Butter**, Vanilla Protein, **Marionberries** + Banana

BOOM SHAKA MAKKA *contains nuts 10
Almond Milk, F&R **Almond Butter**, **Maca**, Maple, Vanilla Protein, **Banana** + Sea Salt

GOOD AF 10
Coconut Milk, **Avocado**, Vanilla Protein, **Blueberries**, Banana, Coconut Butter + Maple

LITTLE JAMMER | for the littles 8
Laird Coconut Hydrate, Vanilla Protein, **Banana** + **Strawberry**

SMOOTHIE ENHANCERS	CBD	2	Protein	1	Avocado	2
	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
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
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

SMITH TEAMAKER TEAS Earl Grey Green Peppermint	*Extra shot 1.75 Syrup .50 Chocolate .75 Chagaccino 2 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	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 | DoorDash

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

Open Every Day
8am-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.

If something's "not right" please tell us and give us the opportunity to make it "right."

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