

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	16
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	16

TOASTS | More

*Gluten Free Bread Available for Toasts +.50c (smaller size than our regular)

*Add Microgreens (Sunflower | Red Cabbage | 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	13
PB YAY *contains nuts Peanut Butter, Marionberry Compote, Banana, Cacao Nibs, Coconut on Sparrow Miche Bread *add Strawberries \$2	7
WAFFLE *also available with maple syrup only Spelt Flour, Oat Milk, Unrefined 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)	13
MILLENNIAL Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread	8
"IT" SANDO *contains nuts F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado, Arugula + Balsamic Reduction on Toasted Sparrow Miche Bread	13
POT SANDO Sweet Potato Thyme Latke, Sautéed Mushrooms, Dijon Aioli, Avocado, Arugula + Mustard Microgreens on Toasted Sparrow Miche Bread	14

MACRO BOWLS | More

*Add Microgreens (Sunflower | Red Cabbage | 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
SPICED BURRITO w/Avocado Sauce *contains nuts 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)	14
WINTER QUINOA BOWL (GF)*contains nuts Orange Scented Quinoa, Roasted Chickpeas, Butternut Squash Puree, Pistachios, Sage, Walnut Basil Pesto , Lemon, Arugula + Chili Flake	16
HARVEST BOWL (GF) Orange Scented Quinoa, Roasted Chickpeas, Spiced Sweet Potato + Red Onion+Broccoli, Kale, Hemp Seeds +Avocado w/ Dijon Tahini Dressing + Lemon Wedge	16

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

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

****SEASONAL SMOOTHIE: Ask for special**

GRANT'S CHOCOLATE RASPBERRY WISH Coconut Milk, Chocolate Protein , Peanut Butter, Dates,Cacao, Sea Salt, Raspberries + Banana + Coconut Cream	10
GOOD AF Coconut Milk, Avocado , Vanilla Protein, Blueberries , Banana, Coconut Butter + Maple	10
PASSION PUNCH Coconut Milk, OJ, Passion Fruit Puree , Vanilla Protein, Orange Zest, Maple, Strawberries + Mango	10
STRAWBERRY DREAM Coconut Milk, Lemon Juice, Vanilla Extract, Vanilla Protein, Hemp Seeds, Coconut Butter, Dates, Banana, Strawberry + Coconut Cream	10
BLUE BREEZE Coconut Milk, OJ, Mango , Pineapple , Lemon Juice, Maple, Vanilla Protein, Blue Spirulina	10
MATCHA MOTIVATOR Coconut Milk, Lime Juice, Lime Zest, Matcha Vanilla Protein, Avocado , Spinach , Mango + Banana	10
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 .50c	10
CROSSFIX (Chocolatey 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 .75c	10
AMAZON SUPER BERRY *contains nuts Acai , Almond Milk, F&R Peanut Butter , Vanilla Protein, Marionberries + Banana	10
BOOM SHAKA MAK *contains nuts Almond Milk, F&R Almond Butter , Maca , Maple, Vanilla Protein, Banana + Sea Salt	10
LITTLE JAMMER for the littles Laird Coconut Hydrate, Vanilla Protein, Banana + Strawberry	8

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
PUMPKIN 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 Chocolate Protein: GF-Rolled Oats, PB, Coconut Oil, Maple, Cacao	2 each or (3) x 5.5

TEA + COFFEE + MORE

*Extra shot 1.75 | Syrup .50 | Chocolate .75 | Chagaccino 2

HOT APPLE CIDER	12oz 16oz	6 7.5
SMITH TEAMAKER TEAS Earl Grey Green Peppermint	12oz 16oz	3
OATLY COLD BREW COFFEE "THUMP" 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- Earl 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 WATERMELON WATER Coconut or Watermelon Water	4
BUBLY WATER	2.5
BeGOAT CASCARA ENERGY DRINK (Rotating Flavors)	4
HAPPY MOUNTAIN KOMBUCHA (Rotating Flavors)	4
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

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www.fixandrepeat.com
or Call
541-385-9603

Open Every Day
8am-230pm
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