

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
- 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 | Red Cabbage | 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, Cocoa Nibs, Coconut
on Sparrow Miche Bread
- WAFFLE** *also available with maple syrup only **13**
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)
- 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
- POT SANDO** **14**
Sweet Potato Thyme Latke, Sauteed Mushrooms, Dijon Aioli, Avocado,
Arugula + Mustard Microgreens on Toasted Sparrow Miche Bread

MACRO BOWLS | More

*Add Microgreens (Sunflower | Red Cabbage | Mustard) + \$1

- ROTATING WEEKLY SPECIAL:** (Please ask) **Varies**
- 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)
- 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 Sweet Potato + 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) **14**
*Any Variation of Below Ingredients
- CELERY JUICE** 16oz (not cold pressed) **9**
- CREATIVE JUICE** **11**
Pineapple, Apple, Lemon, Lime, Orange, Blue Spirulina
- THE CURE** **9**
Pineapple, Lemon, Kale, Celery, Cucumber, Parsley
Green Apple, Serrano, Chlorophyll + Sea Salt
- 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

**SEASONAL SMOOTHIE: Ask for special

- GRANT'S CHOCOLATE RASPBERRY WISH** **10**
Coconut Milk, **Chocolate Protein**, Peanut Butter,
Dates, Cacao, Sea Salt, **Raspberries** +
Banana + **Coconut Cream**
- GOOD AF** **10**
Coconut Milk, **Avocado**, Vanilla Protein,
Blueberries, Banana, Coconut Butter + Maple
- 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
- 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 MAKU** *contains nuts **10**
Almond Milk, F&R **Almond Butter**, **Maca**, Maple,
Vanilla Protein, **Banana** + Sea Salt
- 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
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 Apples, Ginger, Lemon, ACV, Spices	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- 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 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

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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