

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	16.5
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	16.5

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	13.5
PB YAY *contains nuts Peanut Butter, Marionberry Compote, Banana, Cacao Nibs, Coconut on Sparrow Miche Bread	8
WAFFLE: Apple Cinnamon *also available with maple syrup only Spelt Flour, Oat Milk, Unrefined Cane Sugar, Vanilla Extract, Coconut Oil, Cinnamon, Vegan Butter, Allspice + Sea Salt Topped w/ Spiced Apple Compote, Cashe Date Cream, Toasted Nut Mix + Cinnamon	15
MILLENNIAL (Avocado Toast) Avocado, Garlic, Olive Oil, Chili Flake + Sea Salt on Sparrow Miche Bread	8
LEE's BEETROOT HUMMUS TOAST F&RBeetroot Hummus, Olive Oil, Tomato, Pistachios, Microgreens + Sea Salt on Sparrow Miche Bread	9
“IT” SANDO *contains nuts F&R Cashew Ricotta Pesto, Red Bell Pepper, Tomato, Garlic, Avocado, Arugula + Balsamic Reduction on Toasted Sparrow Miche Bread	14
POT SANDO Sweet Potato Thyme Latke, Sauteed Mushrooms, Dijon Aioli, Avocado, Arugula + Mustard Microgreens on Toasted Sparrow Miche Bread	16

MACRO BOWLS | More

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

ROTATING WEEKLY SPECIAL: (Please ask)	
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	14
SPICED BURRITO w/Avocado Sauce *contains nuts Brown Rice, Corn, Black Beans, Sweet Potato + Onions, Walnut Crumble, Salsa + Avocado Citrus Sauce + Whole Wheat Tortilla *Available as a BOWL w/ Arugula + Avo (GF)	15
WINTER QUINOA BOWL (GF)*contains nuts Orange Scented Quinoa, Roasted Chickpeas, Butternut Squash Puree, Pistachios, Sage, Walnut Basil Pesto , Lemon, Arugula + Chili Flake	17.5
HARVEST BOWL (GF) Orange Scented Quinoa, Roasted Chickpeas, Spiced Sweet Potato + Red Onion+Broccoli, Kale, Hemp Seeds +Avocado w/ Dijon Tahini Dressing + Lemon Wedge	17.5

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

DIY JUICE 16oz (not cold pressed) *Any Variation of Below Ingredients	14
CELERY JUICE 16oz (not cold pressed)	10
SCHRUTE FARMS Beet, Carrot, Apple, Ginger + Lemon	11
THE CURE Pineapple, Lemon, Kale, Celery, Cucumber, Parsley Green Apple, Serrano, Chlorophyll + Sea Salt	11
PARADISE GLOW Carrot, Orange, Pineapple, Lemon Turmeric + Ginger	11
SIMPLE DETOX Celery, Cucumber, Green Apple, Ginger, Lemon + Mint	11
“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

PUMPKIN PIE *contains nuts Coconut Milk, Pumpkin Puree , Almond Butter , Apples, Ginger , GF-Oats, Pumpkin Spice, Banana, Coconut Cream + Cinnamon	13
GRANT's CHOCOLATE RASPBERRY WISH *contains nuts Coconut Milk, Chocolate Protein , Peanut Butter, Dates,Cacao, Sea Salt, Raspberries + Banana + Coconut Cream	12
GOOD AF Coconut Milk, Avocado , Vanilla Protein, Blueberries , Banana, Coconut Butter + Maple	12
PASSION PUNCH Coconut Milk, OJ, Passion Fruit Puree , Vanilla Protein Orange Zest, Maple, Strawberries + Mango	12
STRAWBERRY DREAM Coconut Milk, Lemon Juice, Vanilla Extract, Vanilla Protein, Hemp Seeds, Coconut Butter, Dates, Banana, Strawberry + Coconut Cream	12
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	12
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	12
AMAZON SUPER BERRY *contains nuts Acai , Almond Milk, F&R Peanut Butter , Vanilla Protein, Marionberries + Banana	12
BOOM SHAKA MAK *contains nuts Almond Milk, F&R Almond Butter , Maca , Maple, Vanilla Protein, Banana + Sea Salt	12
LITTLE JAMMER for the littles Laird Coconut Hydrate, Vanilla Protein, Banana + Strawberry	10

SMOOTHIE ENHANCERS	CBD	2	Protein	1	Avocado	2
	Hemp	.75	Spinach	.75	Probiotic	2
	Chia	.75	Kale	.75	Peanut Butter	.75
	Flax	.75	Cacao	.75	Almond Butter	.75
	Maca	.75	Ginger	.75	Blue Spirulina	.75
	Date	.75	Chlorophyll	2	Chagaccino	2
	Flax	.75			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 Nibs, Chia, Flax, Chocolate Protein + Coconut	2 each or (3) x 5.5

TEA + COFFEE + MORE

*Extra shot 1.75 | Syrup .70 | Chagaccino 2

SMITH TEAMAKER TEAS Earl Grey Green Peppermint	12oz 16oz	4.5
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	4
LATTE (16oz also available over ice) Oat Almond Coconut Milk Vanilla Caramel Pumpkin	12oz 16oz	6 7
MOCHA (16oz also available over ice) Oat Almond Coconut Milk Chocolate Sauce	12oz 16oz	6.75 7.50
CHAGACCINO (Chaga Mushroom Powder) Oat Almond Coconut Milk	12oz 16oz	6 7
LONDON FOG (Smith Tea- Early Grey) Oat Almond Coconut Milk	12oz 16oz	6.50 7.50
MATCHA LATTE (16oz also available over ice) Oat Almond Coconut Milk Mizuba Matcha, Maple Syrup	12oz 16oz	6.75 7.50
CHAI LATTE (16oz also available over ice) Metolius Chai Concentrate + Oat Milk	12oz 16oz	5.75 6.75
GOLDEN MILK LATTE (16oz also available over ice) Metolius Golden Concentrate + Oat Milk	12oz 16oz	5.75 6.75

GRAB & GO DRINKS

COLD PRESSED JUICE SELECTION See Juice Menu	11
COCODAYS Coconut Water	4
BUBLY WATER	2.5
BeGOAT CASCARA ENERGY DRINK (Rotating Flavors)	4
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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Open Every Day
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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 somethings "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