

# HEAD OVER BERRIES

SMOOTHIES

## BULK & MEALS

\$9.50 / \$11.50  
275-300 cal

### COACH

Blueberries, Banana, Spinach, Peanut Butter, Oatmeal, Pistachios, 2% Milk, Whey Protein

### SU FRESA OATS

Toasted Oats, Strawberry, Banana, 2% Milk, Whey Protein

### NUTTY OATS

Banana, Oats, 2% Milk, Granola, Cinnamon, Peanut Butter, Whey Protein

### BIG GAINS

2% Milk Matcha Powder, Banana, Spinach, Pistachios, oatmeal, Chocolate Protein

## LOW CALORIES

\$9.00 / \$11.00  
140-190 cal

### AIMED @ THE WAIST

Fresh or Frozen Watermelon, Mango, Banana & Fresh Ginger, Multivitamin

### MAD ABOUT MANGOS

Mango, Banana, Pineapple, water

### COCO BERRY

Banana, Blueberry, Strawberry, Coconut Milk

### DETOX TIME

Green apple, Spinach, Mango, Ginger

## SUPERFOOD

\$9.00 / \$11.00  
275-300 cal

### ENERGIZE ME

Strawberries, Banana, Raspberry Sherbet, Mango, Pineapple, Acai Juice

### RISE & GRIND

Pineapple, Strawberry, Orange, Lemon, 2% Milk, Whey Protein

### SUNRISE

Mango, Pineapple, Banana, Carrot juice

### FRESH OFF 3RD

Pear, Banana, Pineapple, Mango, Spinach, 2% Milk

## TRIP TO THE TROPICS

\$9.00 / \$11.00  
275-300 cal

### TRO-PI-KALE

Fresh Kale, Pineapple, Banana, Apples

### SCORPIOS FAVORITE

Bananas, Cacao Powder, Nut Butter, 2% Milk

### PINA COLADA

Pineapple, Banana, Coconut Milk, Strawberry, Cinnamon





# HEAD OVER BERRIES

## AÇAÍ BOWLS

### ACAÍ BASED

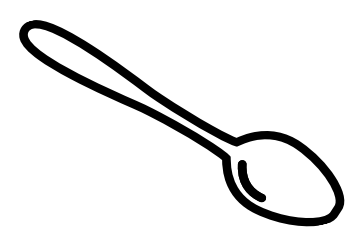
ACAÍ, BANANA, BLUEBERRIES, STRAWBERRIES, VANILLA ALMOND MILK

### SPECIALITY BASED

ALMOND MILK OR PLANT BASED MILK, BANANAS

### DRAGON FRUIT BASE

DRAGON, BANANA, MANGO, PINEAPPLE, STRAWBERRIES, VANILLA ALMOND MILK



## ADD-ONS

AGAVE	CHIA SEEDS	ELDERBERRY SYRUP	PINEAPPLES
ALMONDS	CHOCOLATE DRIZZLE	FLAX SEEDS	MATCHA POWDER
ALMOND BUTTER	CARAMEL	GOJI BERRIES	STRAWBERRIES
BLACKBERRIES	COCONUT OIL	GRANOLA	PEANUT BUTTER
BLUEBERRIES	COCONUT SHAVING	HAZELNUT CHOCOLATE BUTTER	KIWI
BANANAS	RASPBERRIES	HONEY	MANGOS

### KID SIZES

\$6.50

ACAÍ, BANANA, BLUEBERRIES, STRAWBERRIES, VANILLA ALMOND MILK. & YOUR CHOICE OF 2 TOPPINGS

### THE MARATHON

300 cal

BLUEBERRIES, KIWI, HONEY, COCONUT FLAKES,

### LEO SEASON

300 cal

MANGOS, BANANAS, GOJI BERRIES, COCONUT FLAKES, PEANUT BUTTER

### CHOCOLATE FACTORY

300 cal

BLACKBERRIES, STRAWBERRIES, CHOCOLATE DRIZZ

### FRESH KICK

300 cal

KIWI, BANANA, AGAVE, COCONUT FLAKES

### GLAMPIN

300 cal

BANANA, BLUEBERRIES, ALMOND BUTTER, CHIA SEEDS

### MY FIRST TIME

300 cal

STRAWBERRIES, BANANAS, EXTRA GRANOLA, HONEY

### CHEF CHOICE

300 cal

ASK FOR MS BEE, AT THE REGISTER

### THE STEELERS

300 cal - 450 cal

BLACKBERRIES, PINEAPPLES, PEANUT BUTTER, COCONUT FLAKES

### PARKVILLE MARKET

MANGOS, RASPBERRIES, AGAVE, CHIA SEEDS

### HEAD OVER BERRIES

BLUEBERRIES, BLACKBERRIES, RASPBERRIES

### BUILD YOUR OWN

2 TOPPINGS + 2 FRUIT = MAKE YOUR OWN CREATIONS

