



SUPERFRUIT'S WONDER

Acai or Pitaya served in a cored out pineapple, with pineapple, banana, mango, strawberry on top w/ chia seeds, coconut flakes, goji berries, granola and honey

REPUBLIC'S BOWL LINEUP

Regular
Large

- Superfruit Bowl Choice: Acai or Pitaya (50¢)
- Bowls come blended with banana + coconut milk (almond milk or coconut milk can be substituted in blend)

The Classic

Fresh strawberry, sliced banana, granola, and a drizzle of honey

The 14'er

Blueberries, coconut flakes, chia seeds, granola, and a drizzle of honey

The Tropical

Mango, banana, granola, and a drizzle of honey

The Macadamia

Sliced banana, macadamia nuts, coconut flakes and a drizzle of honey

The Blueberry Pumpkin

Blueberry, pumpkin seeds, granola, and a drizzle of honey

The Cacao

Cacao, banana, granola, and a drizzle of honey

The Cocogoji

Coconut flakes, goji berries, granola, and a drizzle of honey

The Green

Pick one: wheatgrass/chlorella/spirulina, with blueberries, goji berries and a drizzle of honey

Yog Parfait Greek yogurt w/ fresh strawberry, blueberry, banana & agave (GF/ V Option)

ADD TO ANY BOWL:

Nut / Fruit

banana
blueberry
mango
strawberry
almonds
cacao
macadamia nuts
raspberry

Extra

chia seeds
coconut flakes
goji berries
pumpkin seeds
raisins
bee pollen granules
kale
granola
mochi

Boost

chlorella
spirulina
wheatgrass
hemp protein
maca powder
bee pollen
peanut butter
almond butter
matcha

BUILD YOUR OWN BOWL

Pick 2 fruit/nut items, 1 extra, 1 boost and a drizzle of honey

Regular
Large

TOASTS & WAFFLES



The Waffle homemade GF waffle w/ strawberry, banana, whipped cream & agave on top

Avocado Toast smashed fresh avocado, crushed sea salt and black pepper with a hint of lemon

Hummus Toast generous spread of hummus topped w/ local alfalfa sprouts & finished w/ everything seasoning

AB Toast 🇨🇦 almond butter, banana, strawberry, chia seeds and agave

Nutella Toast generous spread of Nutella topped w/ fresh sliced raspberries

Energy Bites popped rice, oats, chia, organic chocolate protein powder, walnuts, peanut butter

2 Bites
4 Bites

Toppings

ROASTED TOMATO
AVOCADO
EVERYTHING SEASONING

HOT BOWLS

Organic Steel Cut Oats with agave syrup and your choice of a fruit: banana, blueberry, or strawberry

SMOOTHIES

Acai or Pitaya

Regular
Large

Strawberry Banana

Strawberry, banana, blueberry, apple juice

PBJ

Acai, peanut butter, banana, soy milk

Kale Kissed

Fresh kale, mango, strawberry, orange juice, and pitaya

Apple Ginger Smith

Pitaya, apple, cucumber, apple juice, fresh ginger

Coconut Craze

Blueberry, coconut water, coconut flakes

Pineapple Paradise

Pineapple, orange juice, banana, pitaya, strawberry

BEVERAGES

Coffee - Kaladi Peru Fair Trade Certified 🇨🇦

Hot Tea - Two Leaves 🇨🇦

Iced Matcha Latte

Hot Chocolate

Iced Chai Latte 🇨🇦

Upstart Kombucha 🇨🇦

Iced Dragonfruit Drink

Coconut Milk

Iced Coffee/Tea 🇨🇦

Big B's Apple Juice 🇨🇦

Smart Water

Raw Juicery - assorted cold pressed juices & ginger shots

OTHER

Kaladi 1 lb Bag Coffee 🇨🇦

Beeyond the Hive 1 lb Honey 🇨🇦

Bobo's Oat Bar (GF/V) 🇨🇦

Outrageous Bread Loaves (GF/V) 🇨🇦

*Almond milk or coconut water can be substituted in blend

*Colorado flag 🇨🇦 denotes a locally produced item

Love your bowl? Share it with our Republic **#SuperfruitRepublic**

