

BLEND VINTAGE

OLD SCHOOL QWENCH FAVES

strawberries, banana, fresh squeezed apple juice, greek yogurt, agave

B&B

blueberries, banana, fresh squeezed apple juice, greek yogurt, honey

OJ BLEND

fresh squeezed orange juice, pineapple, banana, greek yogurt, agave

MANGO BLEND

mango, coconut water, greek yogurt, agave

CATEGORY 4

coconut water, pineapple, banana, coconut, almonds, maca, agave



EPIC

CHARGER

açai, blueberries, coconut water, chia seeds, agave

BIG AIR

açai, pineapple, hemp milk, maca, hemp seeds, honey

NUT CASE

almonds, brazil nuts, pumpkin seeds, coconut, strawberries, banana, almond milk, cacao, greek yogurt, honey

THE GREATFRUIT

fresh squeezed grapefruit, coconut water, pineapple, banana, goji berries, agave

BLUETELLA

blueberries, nutella, almond milk, greek yogurt

AM FIX

strawberries, banana, granola, pumpkin seeds, almond milk, cacao, honey

GREEN

KALE GREENS

kale, pineapple, banana, almond milk, flax seeds, honey

SPINACH GREENS

spinach, kale, mango, banana, coconut water, almonds, chia seeds, agave

AVOCADO GREENS

avocado, pineapple, almond milk, brazil nuts, agave

MATCHA GREENS

matcha green tea, banana, pineapple, hemp milk, pumpkin seeds, honey

AÇAÍ N KALE

açai, kale, fresh squeezed orange juice, banana, goji berries, agave



PROTEIN

Sub vegan protein +\$1

PB&H QWENCH FAVES

36 grams whey protein, strawberries, banana, almond milk, peanut butter, honey

GOLIATH

36 grams whey protein, strawberries, almond milk, nutella, cacao

CLOCKWORK

36 grams whey protein, açai, blueberries, hemp milk, agave

GREEN GIANT

36 grams whey protein, matcha green tea, kale, mango, pineapple, orange juice, agave

VEGAN STRONG

21 grams vegetarian protein, orange juice, mango, strawberries, agave



GRAIN BOWLS

BLAZE BOWL QWENCH FAVES

sriracha chicken, greens, brown rice, almonds, hemp seeds, sesame-ginger dressing

PESTO BOWL

pesto chicken, avocado, greens, quinoa, pumpkin seeds, balsamic vinaigrette

TUNA BOWL

albacore tuna, avocado, greens, brown rice, pumpkin seeds, honey mustard dressing

VEGAN BOWL

tofu, garbanzo beans, greens, quinoa, almonds, goji berries, raspberry vinaigrette

AVOCADO QUINOA SALAD

greens w/ tomato, cucumber, celery, beet, pumpkin seeds, avocado, quinoa, balsamic vinaigrette
+ add chicken \$3.5 / + add tofu \$2.6



AVOCADO TOAST

ORIGINAL TOAST

avocado, dill weed, everything seasoning

KALE & PESTO TOAST

avocado, kale with balsamic, pesto, pumpkin seeds, everything seasoning

HUMMUS TOAST

avocado, hummus, sun dried tomato, parsley, chili flakes

BLAZE TOAST

avocado, sriracha, almonds, hemp seeds



SUPERFOOD WAFFLES

packed w/ oats, quinoa, banana, hemp seeds, chia seeds, pumpkin seeds, & almonds



SNACK WAFFLE

one superfood waffle with your choice of spread: **peanut butter**, **nutella** or **honey**

WAFFLE BOWL

two superfood waffles cut into bite size pieces, topped with fruit & your choice of:
• **acai yogurt** (acai puree, greek yogurt, chia seeds) or
• **peanut butter chia pudding** (peanut butter, chia seeds, açai)

AÇAÍ BOWLS

ORIGINAL

BLEND açai, banana, coconut water
TOPPINGS granola, strawberries, banana, honey

P-BOWL QWENCH FAVES

BLEND açai, strawberry, peanut butter, hemp milk
TOPPINGS granola, strawberries, banana, maca, hemp seeds

K-BOWL

BLEND açai, kale, pineapple, almond milk, honey
TOPPINGS granola, banana, goji berries, pumpkin seeds

N-BOWL

BLEND açai, nutella, blueberries, almond milk
TOPPINGS granola, banana, strawberries, brazil nuts

G-BOWL

BLEND açai, greek yogurt, strawberries, banana, almond milk
TOPPINGS granola, strawberries, coconut, almonds, honey



JUICES

CLEAN GREEN

kale, spinach, celery, cucumber, apple, lemon

BEETNIK

beet, kale, celery, apple, lemon

TURMERIC BREW

turmeric root, carrot, apple, ginger

THUMPER

carrot, grapefruit, ginger

CUCUMBER CHILL

cucumber, celery, apple, lime, [chilled]

IGNITION

lemon, ginger, cayenne, fresh squeezed orange juice



FRESH SHOTS

LEMON, GINGER, CAYENNE

TURMERIC LIME



YOGURT BOWLS

MACA BOWL

strawberries, coconut, goji berries, maca, hemp seeds, chia seeds, agave, granola

BANANA NUT

banana, brazil nuts, hemp seeds, almonds, pumpkin seeds, honey, granola

BLUEBERRY

strawberries, banana, blueberries, almonds, nutella, granola

