



# SMOOTHIES

16OZ / 24OZ

COLLAGEN OR PROTEIN +2  
NO FILLERS. NO ICE! NEVER EVER!

## OATMEAL COOKIE \$7 / \$10.5

GF OATS, BANANA, MAPLE CINNAMON,  
VANILLA, ALMOND MILK

## LUV U SO MATCHA \$7 / \$10.5

SPINACH, BANANA, MATCHA, CINNAMON,  
ALMOND MILK, HONEY

## SUMMER BOB \$6.5 / \$10

SPINACH, KALE, BANANA, MORINGA, \\  
MACA, APPLE JUICE, HONEY

## ROSE GLOW \$9.5 / \$13

COCONUT WATER, BANANAS, RASPBERRIES,  
DRAGONFRUIT BOBA, CHIA SEEDS, ROSE  
WATER, COLLAGEN, HONEY

## PINK DRAGON \$7 / \$10.5

PITAYA, PINEAPPLE, BANANA,  
ORANGE JUICE, COCONUT MILK, HONEY

## THE OG \$7 / \$10.5

STRAWBERRY, BANANA, ALMOND MILK,  
AGAVE

## BUSY BEE \$7.5 / \$11

BANANAS, DANDY BLEND, CINNAMON,  
BEE POLLEN, VANILLA, COLD BREW,  
DATES, ALMOND MILK

## HEALTH NUT \$8 / \$11.5

BANANA, ALMOND BUTTER, CINNAMON,  
MACA, ALMOND MILK, DATES

## DON'T KALE MY VIBE \$7 / \$10.5

PINEAPPLE, AVOCADO, KALE, BANANA,  
PINEAPPLE JUICE, COCONUT WATER, HONEY

## PB & C \$8 / \$11.5

BANANA, PEANUT BUTTER,  
CACAO POWDER, ALMOND MILK, DATES

## SWEET TOOTH \$7.5 / \$11

STRAWBERRY, RASPBERRY, BLUEBERRY,  
BANANA, LUCUMA, ALMOND MILK, AGAVE

## BLUE BAHAMIAN \$10 / \$13.5

BANANA, PINEAPPLE, APPLE, PEACH,  
ORANGE JUICE, COCONUT MILK, AGAVE

## COFFEE DATE \$8 / \$11.5

COFFEE, ALMOND MILK, BANANA, CHIA  
SEEDS, SPINACH, CINNAMON, DATES,  
VEGAN PROTEIN, PEANUT BUTTER

## COLADA \$8 / \$11.5

COCONUT MILK, ORANGE JUICE, BANANA,  
PINEAPPLE, COCONUT FLAKES, TURMERIC,

## CHOCOLATE MILK \$8 / \$11.5

ALMOND MILK, BANANAS, NUTELLA, COCOA,  
MACA, ALMOND BUTTER

## POPEYE \$9 / \$12.5

SPINACH, BLUEBERRY, BANANA,  
STRAWBERRY, ALMOND MILK, HONEY



# SNACKS & SHAKES

## SOFT SERVE \$5

CHOICE OF: CUP GF | SUGAR CONE  
WAFFLE CONE (+\$1.5)

## BANANA SPLIT \$7

CHOICE OF 3 VEGAN SOFT SERVES +  
BANANAS, STRAWBERRIES, PINEAPPLE +  
CHOICE OF DRIZZLE

## PLANT BASED & GLUTEN FREE BAKES! \$3.5

3 PACK OF:

CHOCOLATE CHIP COOKIES

BROOKIES +50¢

ASK ABOUT OUR SEASONAL BAKES!

## PLANT BASED ICE (CREAM SANDWICH) \$4

## DOG ICE (CREAM) \$3

## PARFAIT \$5

SOFT SERVE, CHIA PUDDING,  
PROBIOTIC TAPIOCA PUDDING OR  
STEELCUT OATS +  
1 SWEET, 1 TOPPING, 1 DRIZZLE

## BROWNIE SUNDAE \$5

VEGAN SOFT SERVE, DARK CHOCOLATE  
SHAVINGS, VEGAN BROOKIES,  
CHOCOLATE SEA SALT GRANOLA,  
CACAO NIBS, CHOICE OF DRIZZLE

## MADE COFFEE 12OZ NITRO BREW \$4.25

## VEGAN WELLNESS SHAKES \$6 EACH

| MATCHA-ROSE | CHOCOLATE | VANILLA CHARCOAL |  
| STRAWBERRY | BLUEBERRY |



# TAKE HOME YOUR FAVORITES!

HOMEMADE GRANOLAS, PLANT-BASED ICE (CREAM, PROBIOTIC TAPIOCA PUDDING,  
FRESH VEGAN BAKES, AND HOMEMADE CHIA PUDDING





# SOUL BOWLS

## 1 CHOOSE ONE BASE

PURE ACAI \$10

PURE ACAI WITH A TOUCH OF CANE SUGAR

ACAI BLEND \$10

ACAI, BLUEBERRY, BANANA, APPLE JUICE, AGAVE

DRAGON FRUIT BLEND \$11

PITAYA, STRAWBERRY, BANANA, APPLE JUICE, AGAVE

NOVA BLEND \$10

COCONUT MILK, BANANA, PINEAPPLE, PEACHES, BLUE ALGAE, HONEY

PB GF MAPLE STEEL CUT OATS \$7

PROBIOTIC TAPIOCA PUDDING \$8

COCONUT MILK, TAPIOCA, PROBIOTICS

PROTEIN CHIA PUDDING \$8

PLANT-BASED SOFT SERVE \$8

SEASONAL FLAVORS

ADD SOFT SERVE SWIRL TO ANY BOWL FOR +\$2

## 2 ADD THREE FRUITS OR SWEETS

BLUEBERRY  
STRAWBERRY  
BANANA  
BLACKBERRY  
KIWI  
PINEAPPLE  
MANGO  
DRAGON FRUIT  
POMEGRANATE SEEDS

PB GF CHOCOLATE CHIPS  
PB GF CHOCOLATE CHIP COOKIE  
GF VEGAN BROOKIES  
PB GF MAPLE STEEL CUT OATS  
PB GF VANILLA CHIA PUDDING  
PB GF COCONUT CHIA PUDDING  
PB GF TAPIOCA PUDDING

## 3 ADD ONE HOMEMADE GRANOLA

MAPLE VANILLA GRANOLA  
MATCHA GRANOLA OR  
DARK CHOCOLATE SEA SALT GRANOLA

## 4 ADD TWO TOPPINGS

PUFFED QUINOA RAISINS CHIA SEEDS  
ALMOND SLICES PUMPKIN SEEDS VEGAN MARSHMALLOWS  
PEANUTS VEGAN GUMMY BEARS GINGER CRYSTALS  
GOJI BERRIES COCONUT FLAKES SUPERFOOD MIX  
CACAO NIBS BEE POLLEN HEMP SEEDS

## 5 ADD ONE OF OUR DRIZZLES

ALMOND BUTTER, PEANUT BUTTER, AGAVE, HONEY, HOUSEMADE PLANT-BASED NUTELLA

ASK US ABOUT SWEET SOUL CATERING!