

# Bites \$5.69

**Bacon My Heart** 280cal  
egg mix, bacon, white cheddar, & chives

# Bowls \$13.79

**Acai Ya Later** 460cal  
acai sorbet, banana, strawberries, blueberries, kiwi, & granola

**MV-Parfait** 410cal  
maple yogurt (yogurt, maple syrup), banana, strawberries, blueberries, granola, & toasted coconut

**Protein Power Play** 580cal V  
acai sorbet, banana, strawberries, cacao nibs, protein puffs, & cashew butter

\*\* : contains gluten

**The Goat** 160cal  
egg mix, goat cheese, roasted tomatoes, & spinach

**Time Oat** 350cal V  
overnight oats (oats, oat milk, chia seeds, raisins, maple syrup)\*\* , banana, strawberries, & blueberries

**Tropic Time** 350cal V  
acai sorbet, mango sorbet, banana, strawberries, kiwi, blueberries, & toasted coconut

**Two To Mango** 400cal V  
acai sorbet, mango sorbet, banana, strawberries, pepitas, blueberries, & toasted coconut



an **OTG** experience®

**Scan Here for Takeout**

\*CONSUMING RAW OR UNDERCOOKED MEAT, FISH, SHELLFISH, POULTRY OR EGGS CAN INCREASE YOUR CHANCES FOR A FOODBORNE ILLNESS. MORE INFORMATION FOR ALTERNATIVE CHOICES IS AVAILABLE UPON REQUEST. \*ALLERGY WARNING: FOOD PRODUCED IN A FACILITY THAT MAY ALSO HANDLE PEANUTS AND OTHER ALLERGENS, PLEASE SPEAK TO YOUR SERVER IF YOU HAVE A FOOD ALLERGY\*



[flo.io/B962](https://flo.io/B962)

# Smoothies

\$11.99

## Date Night 540cal V

banana, dates, almond butter, cacao nibs, & vanilla pea protein

## Green Glow 240cal V

banana, pineapple, mango, spinach, ginger, & plain pea protein

## Maple Peanut 640cal V

banana, maple syrup, peanut butter, coconut milk, & vanilla pea protein

## Strawberry Sunrise 260cal V

banana, strawberries, mango, & plain pea protein

## Be Well 290cal V

banana, mango, ginger, turmeric, & plain pea protein

## Blue Boost 280cal

banana, pineapple, blue spirulina, toasted coconut, & whey protein

Classic Smoothies

Energy Smoothies

Power Smoothies

## Golden Hour 260cal

banana, mango, pineapple, orange, & whey protein

## Inner Beauty 230cal

banana, blueberries, strawberries, pineapple, & whey protein

## Brewberry 430cal V

banana, blueberries, cashew butter, cold brew, & vanilla pea protein

## Chai Tea 580cal V

banana, medjool date, chai tea, almond butter, & vanilla pea protein

## Mocha Dream 560cal V

banana, medjool date, peanut butter, cacao nibs, cocoa powder, cold brew, & vanilla pea protein

## Power Brew 500cal

banana, cold brew, almond butter, maple syrup, & whey protein



an **OTG** experience®

Scan Here for Takeout

\*CONSUMING RAW OR UNDERCOOKED MEAT, FISH, SHELLFISH, POULTRY OR EGGS CAN INCREASE YOUR CHANCES FOR A FOODBORNE ILLNESS. MORE INFORMATION FOR ALTERNATIVE CHOICES IS AVAILABLE UPON REQUEST. \*ALLERGY WARNING: FOOD PRODUCED IN A FACILITY THAT MAY ALSO HANDLE PEANUTS AND OTHER ALLERGENS, PLEASE SPEAK TO YOUR SERVER IF YOU HAVE A FOOD ALLERGY\*



[flo.io/B962](https://flo.io/B962)

# Toast

\*\* : contains gluten

## Berries & Cream 320cal

bread\*\*, goat cheese, strawberries, blueberries, banana, & granola

\$12.99

## Classic Avo 280cal V

bread\*\*, avocado, arugula, lemon squeeze, & extra virgin olive oil

\$12.99

## Everybody's Everything 350cal

bread\*\*, avocado, bacon, egg, lemon squeeze, & everything bagel seasoning

\$12.99

## Lox Star 280cal

bread\*\*, avocado, smoked salmon, cucumber, lemon squeeze, & everything bagel seasoning

\$13.39

## Maple Almond Crunch 520cal V

bread\*\*, almond butter, bananas, blueberries, candied pecans, toasted coconut, & maple syrup

\$12.99

## PB Crunch 400cal

bread\*\*, peanut butter, banana, strawberries, & granola

\$12.99



an **OTG** experience®

Scan Here for Takeout

\*CONSUMING RAW OR UNDERCOOKED MEAT, FISH, SHELLFISH, POULTRY OR EGGS CAN INCREASE YOUR CHANCES FOR A FOODBORNE ILLNESS. MORE INFORMATION FOR ALTERNATIVE CHOICES IS AVAILABLE UPON REQUEST. \*ALLERGY WARNING: FOOD PRODUCED IN A FACILITY THAT MAY ALSO HANDLE PEANUTS AND OTHER ALLERGENS, PLEASE SPEAK TO YOUR SERVER IF YOU HAVE A FOOD ALLERGY\*



[flo.io/B962](https://flo.io/B962)

# Food That Fits Every Routine

