

## RED ROCK SUNRISE BOWL

MADE WITH OUR GLUTEN FREE TRUCK MADE HONEY NUT GRANOLA

CHOOSE YOUR YOGURT

VANILLA GREEK OR ALMOND MILK YOGURT, TOPPED WITH SEASONAL FRESH FRUITS, CHIA SEEDS AND ORGANIC CINAMON

## AVOCADO TOAST

FRESH AVOCADO ON TOASTED WHOLE GRAIN OR GF BREAD DRIZZLED WITH EXTRA VIRGIN OLIVE OIL, LEMON AND A DASH OF SEA SALT & SERVED WITH A SIDE OF SEASONAL FRESH FRUIT

## BOWL OF HOT OATS

CHOOSE ANY TOPPINGS

WHOLE COW'S MILK, ALMOND/COCONUT MILK, OAT MILK, BANANAS, BLUBERRIES, APPLES, STRAWBERRIES, DRIED CRANBERRIES, GOLDEN RAISINS, BROWN SUGAR, ORGANIC CINNAMON, TRUCK MADE GRANOLA, PECANS, WALNUTS, ALMONDS, COCONUT SPRINKLES CHIA SEEDS, FLAX SEEDS, HEMP SEEDS, ORGANIC AGAVE NECTAR, ORGANIC LOCAL RAW HONEY

ADD A SCOOP OF PEANUT BUTTER

ADD A SCOOP OF ALMOND BUTTER

ADD COCONUT OIL

ADD BEE POLLEN

ADD CBD OIL

BOWL OF TRUCK MADE HONEY NUT GRANOLA WITH CHOICE OF MILK AND FRUIT

**OUR OATMEAL AND GRANOLAS ARE ALWAYS GLUTEN FREE**

## SMOOTHIE BOWLS & SUNDAES

### ACAI BOWL

HOME MADE ACAI/ ELDERFLOWER SORBET, MANGOS, BANANAS, ALMOND COCONUT MILK, HONEY, ALMOND BUTTER, FRESH BERRIES, GRANOLA (SUPER YUMMY WITH A DOLLOP OF VANILLA GELATO)

### COCONUT CHIA SEED POWER BOWL

ORGANIC COCONUT CHIA SEED PUDDING, GRANOLA, HOME MADE BERRY PRESERVES, FRESH BERRIES AND BANANAS

### TRUCK MADE FROZEN YOGURT SUNDAE

HOME MADE FROZEN YOGURT (FLAVORS VARY) TOPPED WITH GRANOLA, HOME MADE BERRY PRESERVES, SEASONAL FRUITS, WHIPPED CREAM

### GAIA BOWLS BANANA SPLIT SUNDAE

MADAGASCAR VANILLA BEAN GELATO, TRUCK MADE FROZEN YOGURT, GRANOLA, SEASONAL FRUITS, FRESH BANANAS, WHIPPED CREAM

### DARK CHOCOLATE BERRY DELIGHT SUNDAE

DARK CHOCOLATE CHIP GELATO, TRUCK MADE FROZEN YOGURT, GRANOLA, FRESH BERRIES, WHIPPED CREAM

### GAIA PITAYA SMOOTHIE BOWL

DRAGON FRUIT SUPERFOOD, MANGOS, BANANAS, ALMOND COCONUT MILK, HONEY, ALMOND BUTTER, FRESH BERRIES, GRANOLA, CHIA SEEDS

### ATLANTIS ENERGY SMOOTHIE BOWL

BLUE SPIRULA SUPERFOOD, ALMOND COCONUT MILK, BANANAS, HONEY, ALMOND BUTTER, FRESH BERRIES, GRANOLA, CHIA SEEDS

### MANGO DREAM SMOOTHIE BOWL

MANGOS, BANANAS, ALMOND COCONUT MILK, HONEY, ALMOND BUTTER, FRESH BERRIES, GRANOLA, PUMPKIN SEEDS AND CHIA SEEDS (SUPER YUMMY WITH A DOLLOP OF VANILLA GELATO)

### BOWL OF SEASONAL FRESH FRUIT

BIG SCOOP OF TRUCK MADE FROZEN YOGURT WITH FRESH FRUIT

## SMOOTHIES

ALL SMOOTHIES ARE MADE WITH ALMOND COCONUT MILK, TRUCK MADE GRANOLA, PEANUT BUTTER, BANANA, AND ORGANIC DATES

UPGRADE TO ALMOND BUTTER \$

TROPICAL-Pineapple, Mangos, Strawberries & Coconut

MIXED BERRY-Blueberries, Blackberries, Strawberries, Raspberries

GREEN-Spinach, Pineapple, Mangos, Peaches

PINA COLADA-Pineapple, Coconut Cream, Coconut

CHOCOLATE&PEANUT BUTTER-Chocolate & Extra Peanut Butter

