

# Rush Bowls

## DESTINATION BOWLS

- Beach Bowl \$11.40  
*Acai, Banana, Mango, Guava Juice  
Topper: granola, honey + 1 addition.*
- Jungle Bowl \$11.40  
*Strawberry, Pineapple, Banana,  
Coconut, OJ, Guava Juice, Froyo  
Topper: Granola, Honey+1 Addition*
- Summit Bowl \$11.40  
*Acai, Strawberry, Cherry, Milk  
Choice Topper: Granola, Honey + 1  
Addition*
- Paradise Bowl \$11.40  
*Mango, Pineapple, Guava juice,  
Froyo Topper: Granola, Honey + 1  
Addition*

## ENDURANCE BOWLS

- Power Bowl \$11.40  
*Blueberry, Rasperry, Banana,  
Oats, Vanilla Whey, Milk Choice,  
Froyo Topper: Granola, Honey + 1  
Addition*
- PB & J Bowl \$11.40  
*Banana, Strawberry, PB, Milk  
Choice, Froyo Topper: Granola,  
Honey + 1 Addition*
- Chai's Mystique Bowl \$11.40  
*Banana, Almonds, Cinnamon,  
Honey, Chai, Milk Choice, Froyo  
Topper: Granola, Honey + 1 Addition*
- Dragon Bowl \$11.40  
*Pitaya, Banana, Strawberry,  
Blueberry, Coconut Milk, Apple Juice  
Topper: Granola, Choc Syrup + 1  
Addition*

## WELLNESS BOWLS

- Berry Fresh Bowl \$11.40  
*Blueberry, Strawberry, Rasperry  
Juice, Froyo Topper: Granola, Honey  
+ 1 Addition \*BOOST YOUR  
HEALTH WITH KALE/SPINACH!*
- Lemon Squeeze Bowl \$11.40  
*Acai, strawberry, banana,  
lemonade Topper: Granola, Honey +  
1 Addition*
- Yoga Bowl \$11.40  
*Mango, Pineapple, Banana,  
Matcha, Milk Choice, Froyo Topper:  
Granola, Honey + 1 Addition  
\*BOOST YOUR HEALTH WITH  
KALE/SPINACH!*
- Bravocado Bowl \$11.40  
*Avocado, Banana, Mango,  
Pineapple Juice Topper: Granola,  
Honey + 1 Addition \*BOOST YOUR  
HEALTH WITH KALE/SPINACH!*
- Greens Guru Bowl \$11.40  
*Cucumber, Avocado,  
Kale/Spinach, Peach, Pineapple,  
Basil, Coconut Milk, Apple Juice  
Topper: Coconut, Honey + 1 Addition*

## LOCAL FAVES BOWLS

- Oasis Bowl \$11.40  
*Mango, Pineapple, Coconut Milk,  
Peach Juice Topper: Granola, Honey  
+ 1 Addition*
- Choco Strawberry Bowl \$11.40  
*Strawberry, Banana, Chocolate*

## DESTINATION SMOOTHIES

- Tropic Bliss Smoothie \$8.99  
*Strawberry, Mango, Banana,  
Mango Juice, Froyo*
- Strawberry Sunrise Smoothie \$8.99  
*Strawberry, Banana, Apple or  
Orange Juice, Froyo*
- Pitaya Playa Smoothie \$8.99  
*Pitaya, Mango, Strawberry,  
Banana, Chocolate Sauce,  
Rasperry Juice*
- Southern Lemon Smoothie \$8.99  
*Pitaya, Strawberry, Peach, Honey,  
Lemonade, Froyo*

## ENDURANCE SMOOTHIES

- Super Protein Smoothie \$9.59  
*Banana, Strawberry, Kale/Spinach,  
PB, Chocolate Whey, Milk Choice,  
Froyo \*40 GRAMS PROTEIN*
- PB Crunch Smoothie \$8.99  
*Banana, PB, Granola, Milk Choice,  
Froyo*
- Sweet Heat Smoothie \$8.99  
*Strawberry, Mango, Cayenne,  
Lemonade, Froyo*
- Peach Pump Smoothie \$9.59  
*Peach, Strawberry, Banana,  
Vanilla Whey, Peach Juice, Froyo*

## WELLNESS SMOOTHIES

- Green Rx Smoothie \$9.59  
*Kale/Spinach, Avocado, Pineapple,  
Mango, Matcha, Coconut Milk,  
Guava Juice*
- Hangover Cure Smoothie \$9.59  
*Banana, Strawberry, Oats,  
Hangover, Antioxidant, Multivitamin,  
Prickly Pear, OJ, Apple Juice, Froyo*
- Frost Fighter Smoothie \$9.59  
*Acai, Strawberry, Banana,  
Rasperry, Immune Support, Apple  
Juice*

## KIDS

- Bear-y Blast Bowl \$6.59  
*Blueberry, Blackberry, Rasperry  
Juice, Froyo / Topper: Granola,  
Sprinkles, Strawberry, Honey*
- Fruity Fla-Mango Bowl \$6.59  
*Strawberry, Banana, Blackberry,  
Mango Juice, OJ / Topper: Granola,  
Sprinkles, Coconut, Honey*
- PB Honey-Bee Bowl \$6.59  
*Banana, Strawberry, Peanut  
Butter, Milk Choice, Froyo / Topper:  
Granola, Sprinkles, Banana, Honey*

## PUPS BOWL

- Bow Wow Bowl \$4.79  
*FOR YOUR FURRY FRIEND  
Banana, Peanut Butter, Milk, Froyo  
Topper: Milk Bone*

## \*\* Attention Customers \*\*

*Dine-in prices may vary*

## HOT SANDWICHES AND BITES

- Chicken Pesto Panini \$7.55  
*Grilled Chicken, pesto (contains  
tree nuts), spinach, tomatoes, and  
provolone cheese inside a grilled  
pita.*
- Grilled Cheese-New \$5.39  
*4 all natural cheeses melting in an  
pita bread.*
- Ultimate PB&J \$6.59  
*Our fresh peanut butter and jelly  
with hemp granola and fresh  
bananas and honey. All melted  
together in an all natural pita bread.  
Add Bacon to make it an "Elvis"*
- Anytime Panini \$7.19  
*House made avacado hummus,  
fresh spinach, feta cheese and sliced  
egg melted inside a pita bread. Add  
chicken/bacon for an additional  
charge*
- Nutella Berry Panini \$6.58  
*Nutella, fresh strawberries, your  
choice of hemp granola or almond  
slices grilled in a pita.*
- Chicken Bacon Ranch Panini \$7.55  
*Grilled Chicken, bacon, fresh  
spinach and all-natural ranch melted  
inside a pita.*
- Rush Bites- Choc, Coconut \$4.19  
*4 pack fresh made Rush Bites.  
Peanut Butter, Oats, Chocolate and  
Coconut.*

*Sauce, Milk Choice, Froyo Topper:  
Granola, Chocolate Sauce + 1  
Addition*