

ACAI BOWLS & PARFAITS

TRIPLE BERRY^V \$11.79

BASE: acai, banana & blueberries
TOPPING: strawberries, blueberries, chia seed & housemade granola
510 calories, 4g protein, 91g net carbs

THE ELVIS^V \$11.79

BASE: acai, organic peanut butter, banana & blueberries
TOPPING: banana, chia, cinnamon & housemade granola
780 calories, 12g protein, 113g net carbs

BEACH BOWL^V \$11.79

BASE: mango, banana, pineapple & vanilla whey protein
TOPPING: strawberry, banana, housemade granola & coconut
530 calories, 19g protein, 89g carbs

POWER BERRY CRUNCH^V \$11.79

BASE: acai berry, blueberry, banana & vanilla whey protein
TOPPING: chia seeds, banana & housemade granola
650 calories, 17g protein, 103g net carbs

CHIA BERRY PARFAIT^V \$8.99

Greek yogurt, strawberries, blueberries, banana, chia seed, raw organic honey, housemade granola & strawberry chia glaze
400 calories, 24g protein, 58g net carbs

HONEY GRANOLA PARFAIT^V \$8.99

Greek yogurt, housemade granola, raw organic honey, banana, strawberries & chia seed
380 calories, 23g protein, 54g net carbs

COFFEE & LATTES

Not your average Joe, these lattes are fortified to power your day

COFFEE^V \$2.89

Locally roasted
Available hot or iced

MOCHA LATTE^G \$5.99

Locally roasted coffee, cocoa malt, organic agave & oat milk
Available hot or iced
200 calories, 3g protein, 31g net carbs

MATCHA LATTE^V \$5.99

Matcha, raw organic honey & oat milk
Available hot or iced
130 calories, 0g protein, 17g net carbs

^G CONTAINS GLUTEN

^V VEGETARIAN

^V VEGAN

FAN FAVORITES

SCRAMBLES & BURRITOS

Scrambled eggs in your choice of **bowl** or in a **grilled tortilla**^G (+\$1)

BACON, EGG & CHEESE \$6.99

Eggs scrambled with organic grass-fed ghee, crispy turkey bacon & cheddar

Bowl: 350 calories, 36g protein, 4g net carbs

SUNRISE SPINACH & PESTO^V \$6.99

Eggs scrambled with organic grass-fed ghee, spinach, nut-free pesto & parmesan

Bowl: 240 calories, 20g protein, 2g net carbs

MORNING MEXICALI^V \$6.99

Eggs scrambled with organic grass-fed ghee, black beans, cheddar, braised kale, salsa, spicy tomatillo lime sauce, PBK Guac, cilantro & chipotle Greek yogurt

Bowl: 320 calories, 22g protein, 9g net carbs

CUSTOMIZE YOUR PROTEIN

DOUBLE YOUR EGGS +\$1.99

ADD TURKEY BACON +\$1.99

Morning Mexicali



POWER OATMEAL

Stay fuller, longer with our signature steel cut oats and quinoa blend

PB&A OATMEAL^V \$6.29

BASE: organic oatmeal & quinoa blend

TOPPING: organic peanut butter, acai puree, banana & hemp seed blend

460 calories, 13g protein, 63g net carbs

BLUEBERRY MAPLE OATMEAL^V \$5.29

BASE: organic oatmeal & quinoa blend

TOPPING: blueberry, banana & maple syrup

320 calories, 8g protein, 62g net carbs

ALMOST NAKED^V \$5.29

BASE: organic oatmeal & quinoa blend

TOPPING: banana & raw organic honey

360 calories, 14g protein, 54g net carbs

OVERNIGHT OATS^V \$6.79

BASE: chilled oats, apple, Greek yogurt, maple syrup, chia seed & almond milk

TOPPING: banana, strawberries, blueberries & hemp seed blend

370 calories, 17g protein, 60g net carbs

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FAN FAVORITES

BOWLS & BURRITOS

Organic quinoa blend or brown rice, served as a **bowl** or in a **whole wheat grilled tortilla**^G (+\$1)



MEXICALI \$11.99

All-natural chicken, corn, black beans, cheddar, braised kale, salsa, spicy tomatillo lime sauce, organic quinoa & chipotle Greek yogurt topped with PBK Guac & cilantro

530 calories, 34g protein, 42g net carbs



CLASSIC BUFFALO \$10.29

All-natural chicken, blue cheese, celery, organic rainbow carrots, organic quinoa & traditional Buffalo sauce

340 calories, 26g protein, 32g net carbs



SPINACH & PESTO \$10.99

All-natural chicken, nut-free pesto, spinach, organic quinoa & parmesan

640 calories, 36g protein, 41g net carbs



BLACK BEAN \$10.29

Roasted chicken, black beans, cheddar cheese, brown rice, salsa & cilantro

600 calories, 42g protein, 73g net carbs



SALMON AVOCADO \$14.99

Salmon, brown rice, organic rainbow carrots, pickled red onion, arugula, cucumber, avocado & creamy chia dressing

790 calories, 33g protein, 55g net carbs

CUSTOMIZE YOUR PROTEIN

SALMON +\$3.99

CHICKEN

ORGANIC TOFU ^V

^G CONTAINS GLUTEN

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^V VEGAN

FAN FAVORITES

SALADS & WRAPS

Tossed with fresh greens, served as your choice of a **salad** or in a **low-carb tortilla**^G (+\$1)

SOUTHWEST

SALAD: \$12.29 WRAP: \$13.29

Grilled chicken, black beans, organic rainbow carrots, PBK Guac, cheddar, roasted corn, organic quinoa, tomatoes, romaine, baby spinach & cilantro lime vinaigrette
Salad: 550 calories, 35g protein, 42g net carbs



CHICKEN CAESAR

SALAD: \$11.29 WRAP: \$12.99

Grilled chicken, avocado, parmesan crisps, parmesan, tomatoes, romaine, kale & Caesar dressing
Salad: 600 calories, 34g protein, 10g net carbs



SUPERFOOD^V

SALAD: \$11.29 WRAP: \$12.29

Organic roasted tofu, organic rainbow carrots, turmeric chickpeas, PBK Guac, spinach, kale, pickled red onion, celery, organic quinoa, hemp seed blend & creamy chia dressing
Salad: 510 calories, 21g protein, 37g net carbs



CLASSIC COBB

SALAD: \$12.49 WRAP: \$13.49

Grilled chicken, turkey bacon, tomatoes, avocado, cucumber, hard boiled egg, blue cheese, romaine & ranch dressing
Salad: 690 calories, 45g protein, 12g net carbs



CUSTOMIZE YOUR PROTEIN

SALMON +\$3.99

CHICKEN

ORGANIC TOFU ^V

^G CONTAINS GLUTEN

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^V VEGAN

FAN FAVORITES

PROTEIN SHAKES

PROTEIN:	MILK:	NEED A BOOST?		
Vanilla Whey Chocolate Whey Plant-based Vanilla* Plant-based Chocolate* *raw, organic & vegan	Almond Milk 2% Milk Oat Milk	Immunity \$.49 Energy \$.49	Fat-burner \$.49 Multi-vitamin \$.49	Peanut Butter \$.99 Chia Seed \$.99 Organic Agave \$.99

PB & J^V \$8.99

Organic peanut butter, blueberry, strawberry, organic agave, vanilla whey protein & almond milk
330 calories, 21g protein, 23g net carbs

HIPPIE^V \$8.99

Oats, banana, organic peanut butter, cinnamon, vanilla whey protein & oat milk
580 calories, 28g protein, 61g net carbs

BAYWATCH^V \$8.99

Strawberry, mango, banana, pineapple & vanilla plant-based protein
330 calories, 16g protein, 60g net carbs

THE PEELED^V \$8.99

Organic peanut butter, banana, chocolate whey protein & almond milk
520 calories, 26g protein, 39g net carbs

THE PERK^{V G} \$8.99

Cocoa malt, espresso whey protein, chocolate whey protein & almond milk
190 calories, 24g protein, 11g net carbs

VERY BERRY^V \$8.99

Strawberry, blueberry, banana, Greek yogurt, organic agave, vanilla whey protein & oat milk
290 calories, 20g protein, 39g net carbs

JOKES ACAI'D^V \$8.99

Acai berry, banana, blueberry, vanilla whey protein & Greek yogurt
420 calories, 20g protein, 74g net carbs

POWER PLANT^V \$8.99

Strawberries, banana, kale, spinach, peanut butter, raw organic agave, vanilla plant-based protein & almond milk
400 calories, 22g protein, 36g net carbs

SMOOTHIES

FIREBALL^V \$8.99

Mango, banana, strawberry, orange, lemon, ginger, raw organic honey & cayenne with an immunity boost
250 calories, 4g protein, 60g net carbs

BERRY BANANA^V \$8.99

Strawberry, blueberry, banana, organic agave & oat milk
330 calories, 4g protein, 60g net carbs

SWEET TART^V \$8.99

Mango, acai berry, banana & coconut water
380 calories, 1g protein, 82g net carbs

GR8 GREENS^V \$8.99

Spinach, kale, pineapple, mango, banana, organic coconut water & raw organic honey
240 calories, 3g protein, 59g net carbs

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FAN FAVORITES