

**Full Menu  
Available All Day**



**Ask about our  
OFFICE CATERING!**

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518-326-2133  
**MARIASTROY.COM**

**BREAKFAST MENU**

**BOWLS (16oz.)**

**Sweet Breakfast Bowl**

Spinach, strawberry, blueberry, walnuts, goat cheese, honey, flax seed **\$7.00**

Add a hard-boiled egg **\$1.00**

**Savory Breakfast Bowl**

Avocado, sweet potato, hard-boiled egg, spinach, everything spice **\$8.00**

**EGG WHITE SOUFFLÉ**

with Vegetables **\$4.50**

with Turkey Bacon **\$4.95**

**ACCOMPANIMENTS**

Hard-boiled Egg **\$1.50**

Avocado **\$1.50**

Sweet Potato **\$1.50**

**FRESH FRUIT CUP**

Small **\$4.50** | Large **\$5.95**

**MUFFIN \$2.99**

**SCONE \$3.50**

**YOGURT PARFAIT \$6.50**

**OATMEAL BOWLS**

All served with steel cut oats

**Overnight Oats**

Served to-go **\$4.00**

**Berry Delicious**

Strawberry, blueberry, chia seeds and honey **\$7.50**

**Banana Maple**

Banana, raisin, walnut, coconut sugar, pure maple syrup, and cinnamon **\$7.50**

**TOASTS**

All served with steel cut oats

**Nut Butter Toast**

Peanut Butter or Almond Butter on gluten free or wheat toast with banana slices and bee pollen **\$6.00**

**Avocado Toast**

Hard-boiled egg, chia seeds, Himalayan pink sea salt **\$7.00**

**Protein Toast**

Sprouted toast, avocado, hard-boiled egg, extra virgin olive oil, lemon juice, red pepper flakes, Himalayan pink sea salt, microgreens **\$8.00**

**SMOOTHIES**

Made to order

**\$9.95**

**The 433 Green**

Spinach, kale, apple, banana, peanut butter, cinnamon, coconut water

**The Antioxidant**

Pitaya, blueberry, strawberry, pineapple, banana, coconut water

**Rocking On The River**

Banana, cold brew, maca, cacao powder, cinnamon, almond milk

**Build Your Own**

Add 4 items and a liquid

Protein scoop (Arbonne): **+\$2.00**

**SIGNATURE & DAIRY FREE PLANT-BASED BOWLS**

Maria's hand-crafted dairy-free, plant-based bowls

**SIZE** 8oz. **\$7.25** 16oz. **\$11.75**

**Big Red Bowl**

**Base** Acai

**Toppings**

Strawberry, raspberry, blueberry, gluten free granola, shredded coconut, honey

**Jersey Shore Bowl**

**Base** Graviola

**Toppings**

Pineapple, kiwi, blueberry, gluten free granola, shredded coconut

**Ferry Bowl**

**Base** Pitaya

**Toppings**

Banana, mango, almond butter, cacao nibs, gluten free granola

**BUILD YOUR OWN**

**CHOOSE YOUR BASE**

**Acai**

Acai, banana, strawberry, coconut milk

**Graviola**

Graviola, banana, pineapple, coconut milk

**Pitaya**

Pitaya, pineapple, banana, coconut milk

**CHOOSE YOUR TOPPINGS**

Includes 4 total

**Fruit**

Strawberry, blueberry, banana, pineapple, raspberry, mango, kiwi, shredded coconut

**Other**

Cacao nibs, gluten free granola, peanut butter, almond butter, Nutella

**Nuts**

Sliced almond, walnut

**Seeds**

Chia, flax, hemp, pumpkin, sunflower

Each additional: **+\$0.75**  
Protein scoop (Arbonne): **+\$2.00**

**LUNCH BOWLS**

**WARM GRAIN BOWLS (32oz.)**

**The Nourish Bowl**

Quinoa, brown rice, chickpeas, carrots, purple cabbage, kale, avocado, tahini dressing

**\$9.50**

**Beet + Lentil Bowl**

Lentils, beets, carrots, pears, microgreens, sunflower seeds, orange yogurt dressing

**\$9.50**

**The Yummus Bowl**

Greens, quinoa, brown rice, hummus, avocado, feta, dates, walnuts, olives, olive oil

**\$9.50**

**ADD-ONS**

Chicken **\$2.50**

Hard-Boiled Egg **\$1.50**

Avocado **\$2.00**

Sweet Potato **\$1.50**

**COFFEE/CAPPUCCINO/ESPRESSO**

	12oz	16oz		12oz	16oz
House	\$2.00	\$2.45	Iced Americano	\$2.65	\$2.95
Cappuccino	\$3.45	\$3.95	Iced Coffee	\$2.65	\$2.95
Latte	\$3.45	\$3.95	Iced Latte	\$3.45	\$3.95
Cafe Mocha	\$3.95	\$4.45	Hot Tea	\$2.45	\$2.65
Caramel Latte	\$3.95	\$4.45	Chai Tea Latte	\$3.65	\$4.25
Espresso (Double Shot)	\$3.00	\$3.00	Hot Chocolate	\$2.95	\$3.45
Americano	\$2.65	\$2.95			

**BOX OF JOE \$17.95**

(comes with cups, half & half, and sugar)

**BEVERAGES**

Assorted Kombucha	<b>\$3.99</b>
Vita Coco Water	<b>\$2.99</b>
Essentia Water	<b>\$2.99</b>
Evian Water	<b>\$2.99</b>
Runa Organic Energy Drink	<b>\$3.25</b>
Bottled Super Coffee Protein and MCT Oil (no sugar added)	<b>\$4.50</b>
Canned Super Espresso Protein and MCT Oil (no sugar added)	<b>\$4.50</b>
<b>Pressed Juicery Shot (2oz)</b>	<b>\$5.99</b>
Wellness, Probiotic	
<b>Pressed Juicery (12oz)</b>	<b>\$7.99</b>
Strawberry Basil Lemonade, Celery Juice, Roots with Ginger, Orange Turmeric	