

# Maria's menu

## 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**



## SMOOTHIES

Made to order

**\$8.95**

### 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 BOWLS

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

**SIZE**

8oz. **\$6.25**

16oz. **\$10.75**

### 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

## DAIRY-FREE PLANT-BASED BOWLS

Build your own

### SIZE

8oz. **\$6.25** 16oz. **\$10.75**

### BASE

#### Acai

Acai, banana, strawberry, coconut milk

#### Pitaya

Pitaya, pineapple, banana, coconut milk

#### Graviola

Graviola, banana, pineapple, coconut milk

### TOPPINGS

Pick your own, includes 4 total

#### Fruit

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

#### Seeds

Chia, flax, hemp, pumpkin, sunflower

#### Nuts

Sliced almond, walnut

#### Other

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

Each additional: **+\$0.75**

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

## YOGURT

Organic Coconut Milk Yogurt /  
Vanilla Chamomile **\$3.50**

La Fermiere Whole Milk Vanilla  
Bean Yogurt **\$4.00**

Cultured Goat Milk Drinkable Yogurt  
(Strawberry) **\$5.00**

Ronnybrook Drinkable Low-fat  
Yogurt (Honey Vanilla) **\$5.00**

## BEVERAGES

Assorted Kombucha **\$3.99**

Vita Coco Water **\$2.99**

Essentia Water **\$2.99**

Evian Water **\$2.99**

Runa Organic Energy Drink **\$3.25**

Bottled Super Coffee Protein  
and MCT Oil (no sugar added) **\$4.50**

Canned Super Espresso Protein  
and MCT Oil (no sugar added) **\$4.50**