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## BOWLS

### ACAI STRAWNANA BERRY

Acai, Banana, Blueberries, Strawberries, and Vanilla Almond Milk. Topped with Fresh Banana, Fresh Strawberries, Fresh Blueberries, Granola, and Raw Honey

### ACAI TROPICAL MANGO

Acai, Mango, Banana, Pineapple, Coconut, and Vanilla Almond Milk. Topped with Fresh Banana, Fresh Strawberries, Mango, Coconut, Bee Pollen, and Raw Honey

### NUTTY ACAI

Acai, Banana, Strawberries, Peanut Butter, and Papaya Juice. Topped with Fresh Banana, Peanut Butter, Granola, Bee Pollen, and Raw Honey

### ACAI ESPECIAL

Acai, Blueberries, Banana. Topped with Fresh Banana, Fresh Strawberries, Fresh Blueberries, and Granola

### ALMOND DELIGHT

Coffee Concentrate, Non-Fat Frozen Yogurt, Cinnamon, Almond Butter, Banana and Whey Protein. Topped with Fresh Banana, Fresh Strawberries, Cacao Nibs, Raw Almonds and Granola



## TOASTS



### AVOCADO & EGG

Avocado and Hard-Boiled Egg with Plant-Based Bacon, Olive Oil, Pink Himalayan Salt and Pepper

### FIG & PROSCIUTTO

Fig Spread, Prosciutto, Cream Cheese, a drizzle of Olive Oil and cracked Black Pepper



### CLASSIC AVOCADO

Avocado drizzled with Lemon and Olive Oil, topped with chili flakes, Pink Himalayan Salt and Pepper

### EVERYTHING AVOCADO

Avocado and Tomato sprinkled with a blend of Everything Seasoning (think Everything Bagel)



### VEGGIES & HUMMUS

Hummus, Cucumber, Tomato, Paprika, Everything Seasoning, a drizzle of Olive Oil and Salt & Pepper

### STRAWBERRY & CREAM CHEESE

Fresh Strawberries, Cream Cheese, Honey, Pistachios and fresh Lemon Zest



### PEANUT BUTTER & BANANA

Peanut Butter with sliced Bananas, Honey and Chia Seeds

*OUR FRESHLY MADE TOASTS  
ARE SERVED ON A THICK SLICE  
OF SOURDOUGH BREAD*



ROBEKS®

# MENU





## SUPERFOOD SMOOTHIES

### HERO'S GARDEN

Fresh Spinach, Matcha Green Tea, Pineapple, Mango, Banana, Spirulina, Flax Seeds, Apple Juice

### MANGO TURMERIC MADNESS

Fresh Lime, Peach, Mango, Cranberries, Turmeric, Agave, Fresh Carrot Juice, Apple Juice

### BERRY BENEFICIAL

Strawberries, Blueberries, Banana, Flax Seeds, Vanilla Almond Milk, Agave, Raspberry Juice

### QUEEN OF ALL GREENS

Fresh Kale, Fresh Spinach, Pineapple, Banana, Apple Juice

## ACAI SMOOTHIES

### ACAI ENERGIZER

Strawberries, Blueberries, Pineapple Sherbet, Non-Fat Frozen Yogurt, Acai Juice, Energy, Multi-Vitamin, Whey Protein (5g)

### EMPEROR ACAI

Blueberries, Strawberries, Greek Yogurt, Acai Juice, Probiotic

### AWESOME ACAI

Strawberries, Banana, Raspberry Sherbet, Non-Fat Frozen Yogurt, Acai Juice



ACAI FROM



## PERFORMANCE SMOOTHIES

### 800 LB GORILLA

Banana, Peanut Butter, Non-Fat Frozen Yogurt, Soy Milk, Chocolate, Multi-Vitamin, Whey Protein (40g)

### P-NUT POWER PLUS

Banana, Peanut Butter, Non-Fat Frozen Yogurt, Soy Milk, Energy, Multi-Vitamin, Whey Protein (10g)

### MUSCLE MAX

Pineapple, Blueberries, Banana, Raspberry Sherbet, Raspberry Juice, Energy, Multi-Vitamin, Whey Protein (20g)

### NUTS ABOUT PROTEIN

Coffee, Peanut Butter, Cinnamon, Raw Honey, Non-Fat Frozen Yogurt, Low Calorie Active Water, Multi-Vitamin, Whey Protein (15g)

### NATURALLY COFFEE

Coffee, Non-Fat Frozen Yogurt, Soy Milk

HIGH  
ENERGY &  
PROTEIN

## CLASSIC SMOOTHIES

### STRAWNANA BERRY

Strawberries, Banana, Non-Fat Frozen Yogurt, Apple Juice

### POLAR PINEAPPLE

Pineapple, Strawberries, Pineapple Sherbet, Papaya Juice

### PASSIONFRUIT COVE

Peach, Strawberries, Pineapple Sherbet, Passionfruit Juice

### BIG WEDNESDAY

Peach, Strawberries, Banana, Orange Sherbet, Pineapple Sherbet, Papaya Juice

### HUMMINGBIRD

Mango, Strawberries, Banana, Orange Sherbet, Passionfruit Juice

### MAHALO MANGO

Mango, Pineapple Sherbet, Non-Fat Frozen Yogurt, Papaya Juice

### RASPBERRY ROMANCE

Strawberries, Banana, Raspberry Sherbet, Non-Fat Frozen Yogurt, Raspberry Juice

### BERRY BRILLIANCE

Blueberries, Banana, Raspberry Sherbet, Non-Fat Frozen Yogurt, Apple Juice

### SOUTH PACIFIC SQUEEZE

Pineapple, Strawberries, Banana, Pineapple Sherbet, Orange Juice

### PIÑA KOOLADA

Pineapple, Banana, Coconut, Pineapple Sherbet, Non-Fat Frozen Yogurt, Papaya Juice



## LOW-CALORIE SMOOTHIES

### ACTIVE APPLE

Fresh Apple, Fresh Mint, Fresh Lime, Pineapple, Banana, Pineapple Sherbet, Low Calorie Active Water, Trim Burner

### BERRY REBOOT

Fresh Spinach, Blueberries, Strawberries, Banana, Cranberries, Cinnamon, Raw Honey, Vanilla Almond Milk, Low Calorie Active Water, Trim Burner, Whey Protein (10g)

### LEAN GREEN

Fresh Spinach, Fresh Cucumber, Pineapple, Raw Honey, Pineapple Sherbet, Non-Fat Frozen Yogurt, Vanilla Almond Milk, Low Calorie Active Water, Trim Burner



## WELLNESS SMOOTHIES

### TROPI-KALE

Fresh Kale, Pineapple, Pineapple Sherbet, Non-Fat Frozen Yogurt, Papaya Juice

### AGE BUSTER

Fresh Kale, Fresh Spinach, Peach, Pineapple Sherbet, Non-Fat Frozen Yogurt, Apple Juice, Probiotic, Multi-Vitamin, Fiber

### SUPER GREEN

Matcha Green Tea, Fresh Spinach, Pineapple, Non-Fat Frozen Yogurt, Soy Milk, Immunity, Multi-Vitamin

### DR. ROBEKS

Strawberries, Raspberry Sherbet, Orange Juice, Immunity, Multi-Vitamin

## FRESH JUICES

### EVERGREEN

Kale, Cucumber, Celery, Spinach, Apple, Lemon

### G-SNAP

Ginger, Carrot, Orange

### ABC

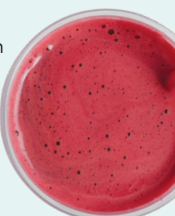
Apple, Beet, Carrot

### ROOT TO STEM

Kale, Celery, Spinach, Carrot, Beet, Apple, Ginger

### COOL CUCUMBER

Cucumber, Apple, Lemon, Ginger



## WELLNESS SHOTS

### WHEATGRASS

Hand-Trimmed Wheatgrass

### LEMON GINGER SHOT

Lemon, Ginger, Cayenne Pepper

### TURMERIC

Turmeric, Apple Juice



## ENRICHMENTS

### ADD TO ANY SMOOTHIE, JUICE OR BOWL!

CHIA SEEDS

FLAX SEEDS

TURMERIC

BEE POLLEN

MATCHA GREEN TEA

SPIRULINA

RAW HONEY

GOJI BERRIES

CACAO NIBS



## BOOSTS

### SUPERCHARGE ANY ITEM! ADD A BOOST!

WHEY PROTEIN

PEA PROTEIN

MULTI-VITAMIN

FIBER

HEART HEALTH

IMMUNITY

TRIM BURNER

ENERGY

PROBIOTICS



# HARMONY

At Robek's we chose a hummingbird as our corporate symbol because it embodies our love of what's natural, healthy, colorful, and strong. And we named her Harmony.

Harmony is small and bright, but also nimble and powerfully strong. She hovers and swoops, and travels the land on a quest for goodness. Everywhere Harmony goes, she makes people smile with wonder, and reminds us all to keep moving, keep searching, keep looking for the best things.

