



## Smoothies

12 OZ. \$6 | 20 OZ. \$8

### Be Kind (V)(GF)

Oat Milk, Strawberries, Banana, Raw Honey

### Be Inspirational (V)(GF)

Oat Milk, Raspberries, Blackberries, Raw Honey

### Green Goddess (V)(GF)

Almond Milk, Avocado, Mango, Spinach

### Be Positive (V)(GF)

Coconut Milk, Pineapple Juice, Banana,  
Pineapple, Mango

### Be Happy (V)(GF)

Apple Juice, Blueberry, Strawberry, Spinach

### Be Confident (V)(GF)

Oat Milk, Organic Oatmeal, Bananas,  
Organic Maple Syrup, Cinnamon

## Superfood Smoothies

### Be Joyful (V)(GF)

Coconut Milk, Manago, Banana, Blue Spirulina

### Be Dazzled (V)(GF)

Apple Juice, Raspberries, Banana, Dragon Fruit

### Be Yourself (V)(GF)

Coconut Milk, Blueberries, Blackberries,  
Honey, Acai

### Be Courageous (V)(GF)

Almond Milk, PB, Banana, Cacao



## Be Energized Smoothies

12 OZ. \$7 | 20 OZ. \$9

### Positive Vibes (V)(GF)

Coconut Milk, Banana, Matcha, Strawberries

### Spread Joy (V)(GF)

Almond Milk, Banana, Blueberries, Matcha, Vanilla

### Empowerment (V)(GF)

Almond Milk, Pineapple, Banana, Spinach, Matcha

## Good Vibes Smoothie Bowls

16 OZ. \$11

### Soulful Bliss (V)

Oat Milk, Strawberries, Banana

**Toppings:** Strawberries, Banana, Granola,  
Raw Honey

### Dream Big (V)(GF)

Almond Milk, Blueberries, Avocado, Agave

**Toppings:** Blueberries, Almonds, Chia Seeds

### Oatmeal Cookie (V)(GF)

Oat Milk, Organic Oatmeal, Bananas

Organic Maple Syrup, Cinnamon

**Toppings:** Pick 3

### Peaceful Harmony (V)(GF)

Coconut Milk, Mango, Banana, Raspberries

**Toppings:** Raspberries, Banana, Coconut

### On Top of The World (V)(GF)

Almond Milk, Banana PB, Cacao

**Toppings:** PB, Banana, Cacao Nibs

**CALL AHEAD**

952-442-3840

## Superfood Smoothie Bowls

16 OZ. \$12

### Amazing Acai (V)

Almond Milk, Acai, Blueberries, Banana,  
Almond Butter

**Toppings:** Blueberries, Banana, Granola,  
Almond Butter

### Powerful Acai (V)

Coconut Milk, Acai, Blackberries,  
Banana, Strawberries

**Toppings:** Almonds, Banana, Granola, Raw  
Honey

### Joyful Journey (V)

Coconut Milk, Mango, Banana, Blue Spirulina

**Toppings:** Blueberries, Banana, Granola, Honey

### Green Machine (V)

Coconut Milk, Pineapple, Banana,  
Mango, Matcha

**Toppings:** Banana, Chia Seeds, Granola

## Add Ins

### Protein

Whey, Plant, or  
Collagen - \$1

### Dry Seeds + Powders

Chia Seeds, Hemp  
Heart, Flax Seeds,  
Acai, Dragonfruit,  
Blue Spirulina, Matcha,  
Cinnamon

### Toppings

Bananas, Strawberries,  
Raspberries,  
Blueberries,

Goji Berries, Coconut  
Flakes, Cacao Nibs  
Almonds, Granola +  
Gluten-Free Granola

### Drizzles

Peanut Butter, Almond  
Butter, Honey, Agave

**GF:** Gluten-Free

**V:** Vegan



West 1st Street  
Waconia, MN



soulful-smoothies.com