

DO IT YOURSELF BOWLS

8oz \$6.99

16oz \$11.99

24oz \$14.99

1. CHOOSE YOUR BASE

(8oz UP TO 2 BASES)
(16oz UP TO 3 BASES)
(24oz UP TO 4 BASES)

- AÇAÍ
- PITAYA
- COCONUT
- BLUE MAJIK
- PASSION FRUIT

(\$1 ADDITIONAL BASE)

2. BONUS BASE

(CHOOSE ONE)

- GRANOLA
- GLUTEN FREE GRANOLA
- ALLEY OATS (OVERNIGHT OATS)
- CHIA PUDDING

(\$.50 ADDITIONAL BONUS BASE)

3. FRESH FRUIT

(CHOOSE UP TO THREE)

- BLUEBERRIES
- STRAWBERRIES
- BANANA
- PINEAPPLE
- KIWI

(\$.50 ADDITIONAL FRUIT)

4. TOPPINGS

(CHOOSE UP TO THREE)

- CACAO NIBS
- COCONUT SHAVINGS
- CRUSHED PEANUTS
- CRUSHED HAZELNUTS
- SLICED ALMONDS
- FLAX SEEDS
- CHIA SEEDS
- HEMP SEEDS
- DRIED MANGOS
- GOJI BERRIES
- CINNAMON

(\$.25 ADDITIONAL TOPPINGS)

5. BUTTERS / SYRUPS

(CHOOSE ONE)

- PEANUT BUTTER
- ALMOND BUTTER
- NUTELLA
- HONEY
- AGAVE
- CHOCOLATE SYRUP
- CONDENSED MILK

(\$.25 ADDITIONAL SYRUPS)



Holy Guacamole \$10.50

AVOCADO, MICRO ARUGULA,
TOMATOE, CHILLI FLAKES,
EVERYTHING BAGEL SEASONING,
SEA SALT



Strawbella \$9.00

NUTELLA, STRAWBERRY,
ALMONDS, COCONUT SHAVINGS,
CONDENSED MILK

TOAST

**Toast Served on
Two Slices of
Sourdough Bread**



Thats My Jam \$9.00

PEANUT BUTTER, HOME MADE
RASPBERRY JAM, HONEY,
BANANA, CHIA SEEDS



Alley Loaf \$9.00

ALMOND BUTTER, PEANUT
BUTTER, NUTELLA, HONEY,
BLUEBERRY, STRAWBERRY,
BANANA, HEMP SEEDS

SPECIALTY BOWLS

Nutty Bowl

COCONUT, AÇAÍ, ALLEY OATS,
STRAWBERRIES, BANANAS,
CRUSHED PEANUTS, SLICED
ALMONDS, COCONUT
SHAVINGS, ALMOND BUTTER,
PEANUT BUTTER, CINNAMON



The Nativo

AÇAÍ, GRANOLA,
BANANA,
POWDERED MILK,
CONDENSED MILK



Passion Vibe

BLUE MAJIK, PASSION
FRUIT, CHIA PUDDING,
KIWI, PINEAPPLE, DRIED
MANGOS, AGAVE



The OG

AÇAÍ, GRANOLA,
STRAWBERRIES,
BLUEBERRIES,
BANANAS, HONEY



PiñaCoco Paradise

COCONUT, BLUE MAJIK, CHIA
PUDDING, GRANOLA,
PINEAPPLE, KIWI, COCONUT
SHAVINGS, HONEY



The Alley Way

PITAYA, COCONUT,
AÇAÍ, GRANOLA, KIWI,
STRAWBERRIES,
BLUEBERRIES, SLICED
ALMONDS, COCONUT
SHAVINGS, HONEY



LOTUS ENERGY DRINKS

A PROPRIETARY PLANT POWER SEVEN (PP7) FORMULA, FEATURING SEVEN POWERFUL PLANTS TO ENHANCE ENERGY, MENTAL CLARITY, STRESS RELIEF, AND OVERALL WELL-BEING.

SUMMER SPRITZ

Mango, Strawberry, Orange Juice, White Lotus, Club Soda

PINK POWER

Strawberry, Raspberry, Pink Lotus, Club Soda

BLACKBERRY ZEST

Blackberry, Blueberry, Lime, Blue Lotus, Club Soda

JUST PEACHY

Peach, Raspberry, Lemonade, Pink Lotus, Club Soda

PRICKLY PEAR

Huckleberry, Desert Pear, Blue Lotus, Club Soda

PURPLE HAZE

Blackberry, Blueberry Cold Foam, Purple Lotus, Club Soda

MOJO LOTO

Cucumber, Fresh Mint, Lemonaid, White Lotus, Club Soda

MANGO TANGO

Mango, Peach, Orange Juice, Passion Fruit Cold Foam, White Lotus, Club Soda

MELON BOOST

Desert Pear, Cantaloupe, Passion Fruit Cold Foam, Purple Lotus, Club Soda



Add a Hydration Boost
Or Immunity Boost \$.50

24oz \$7.85 160mg Caffeine
32oz \$9.85 240mg Caffeine

PROTEIN SHAKES



SMOOTHIES

BLUE MANGO

Protein, Milk,
Blueberry, Mango,
Hemp Seeds, Yougurt

★ CHOCOLATE NUT FUSION

Protein, Milk, Nutella,
Peanuts, Cacao Nibs,
Peanut Butter, Banana

★ CHAI-NANA SWIRL

Protein, Milk, Bananas,
Chai Tea, Cinnamon,
Almonds, Almond Butter

PINEBERRY

Protein, Milk,
Pineapple, Strawberry,
Raspberry, Yogurt,
Chia Seeds

RAINBOW CRUNCH

Protein, Milk,
Strawberries, Raspberries,
Bananas, Coconut, Fruity
Pebbles (Optional)

BANANA CRUMBLE

Protein, Milk, Oreos,
Banana, Yogurt,
Cacao Nibs

GOLDEN PEACH

Protein, Milk,
Peaches, Mango,
Pineapple, Granola,
Yogurt

★ LEAN GREEN

Protein, Milk or Water,
Pineapple, Mango,
Spinach, Flax Seeds,
Yogurt

Build Your

Own Shake

4. CHOOSE INCLUSIONS

(3 Choices)

- Peanut Butter
- Almond Butter
- Nutella
- Peanuts
- Sliced Almonds
- Cacao Nibs
- Chia Seeds
- Hemp Seeds
- Flax Seeds
- Granola
- Yogurt

1. CHOOSE PROTEIN

- Vanilla Whey
 - Plant Based
- (Double Scoop \$3)

2. CHOOSE MILK

- Whole Milk
- Almond Milk
- Coconut Milk

3. CHOOSE FRUIT

(3 Choices)

- Banana
- Strawberry
- Blueberry
- Kiwi
- Pineapple
- Raspberry
- Blackberry
- Peach
- Mango
- Spinach

(.25 Cents Extra Fruit)

(.25 Cents Extra Inclusion)

5. SUPER-BOOST

(One Choice)

- Beet Root
- Wheatgrass
- Collagen
- Maca
- Super Food Greens
- Blue Spirulina
- Turmeric

-Essential Amino Acids
(.50 Cents Extra Boost)

FLAMINGO FUEL

Pitaya, Lemonade, Peach, Mango, Raspberry,
Flax Seed, Agave, Pitaya Coconut Whip

BUTTERBERRY

Açaí, Milk, Banana, Blueberry,
Blackberry, Peanut Butter, Chia Seeds

BERRY-NANA BLEND

Coconut, Milk, Banana, Strawberry,
Cacao Nibs, Nutella, Coconut Whip

PASSION PUNCH

Passion Fruit Base, Lemonade, Orange
Juice, Raspberry, Strawberry, Pineapple,
Mango, Passion Coconut Whip

COCO COAST

Blue Majik and Coconut, Milk, Pineapple,
Kiwi, Blue Spirulina, Coconut Whip

ZEST & ZING

Passion Fruit, Mango, Pineapple,
Orange Juice, Milk, Blueberry Juice