



217.550.3848



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## SIGNATURE BOWLS

Your choice of Açai, Pitaya, Blue Majik (tropical blend of pineapple, mango, coconut cream & blue spirulina), Chia Seed Pudding or Overnight Oats (or LAYER THE LOVE & choose multiple!) topped with the fresh ingredients listed!

12oz ~ \$8      16oz ~ \$10      24oz ~ \$13

### BEE ORIGINAL

Bananas, Strawberries, Original Nola, Chia Seeds, Local Honey

### BEE NUTTY

Bananas, Strawberries, Original Nola, Almonds, Peanuts, Flaxseed, Honey Roasted Peanut Butter

### BEE FRUITFUL

Bananas, Strawberries, Blueberries, Pineapple, Goji Berries, Original Nola, Hemp Hearts, Local Honey

### BEE SASSY

Bananas, Strawberries, Original Nola, Cacao Nibs, Gojis, Hemp Hearts, Almond Butter, Honey

### BEE BLOOMING

Pineapple, Blueberries, Bananas, Original Nola, Coconut Flakes, Bee Pollen, Local Honey

### BEE POWERFUL

Bananas, Original Nola, Goji Berries, Almonds, Chia Seeds, Flaxseed, Hemp Hearts, Almond Butter

### BEE MERRY

Strawberries, Bluesberries, Goji Berries, Cacao Sea Salt Nola, Cacao Nibs, Hemp Hearts, Local Honey

### BEE SWEET

Bananas, Cacao Sea Salt Nola, Peanuts, Cacao Nibs, Honey Roasted Peanut Butter, Local Honey

### BEE VICTORIOUS

Kiwi, Mango, Pineapple, Strawberries, Original Nola, Local Honey

### BEE UNIQUE

Make your own creation! Choose two fruits, two superfoods, one Nola and one drizzle

### FRUITS

Banana  
Strawberries  
Blueberries  
Pineapple  
Kiwi  
Mango

### SUPERFOODS

Original Granola  
Cacao Sea Salt Granola  
Goji Berries  
Cacao Nibs  
Coconut Flakes  
Almond Slivers

### DRIZZLES

Peanuts  
Pistachios  
Chia Seeds  
Flaxseed  
Hemp Hearts  
Bee Pollen  
Local Honey  
Agave  
Almond Butter  
Honey Roasted PB  
Date Syrup  
Tahini

## LOADED TOASTS

Freshly baked and locally sourced Sourdough or Harvest Wheat bread (Gluten Free available!) mounded high with healthy fats, fresh fruits and veggies, superfoods and finishing drizzles to create toast, only fancier!

1 Piece ~ \$8

### THE OG SMASH

Avocado, Almonds, Hemp Hearts, Tahini, Himalayan Sea Salt, Red Pepper Flakes

### LET'S GET CAPRESE

Avocado, Mozzarella, Cherry Tomatoes, Fresh Basil, Balsamic Glaze Drizzle

### EVERYTHING ON AVO

Avocado, Whipped Greek Cream Cheese, Everything Bagel Seasoning, Himalayan Sea Salt

### HEARTBEET

Avocado, Roasted Garlic Beet Hummus, Prairie Fruit Farms Goat Milk Feta, Micro-Greens

### NUTTY FOR NANNERS

Fresh Ground Almond or Peanut Butter, Banana Slices, Coconut Flakes, Local Honey Drizzle

### DAY DATE

Tahini, Date Syrup Drizzle (100% dates!), Himalayan Sea Salt