



CRUSH

SUPERFOODS • BURLINGTON, NC

SMOOTHIE BOWLS

all bowls served with granola
(gluten-free available +\$1)

parvus \$7 | medhyo \$10 | grandis \$15

BACK OF THE DRAGON

base: banana, strawberry, pitaya, hemp milk
toppings: bananas, kiwi, mango, almonds, honey

ACAI SUPERFOOD BOWL

base: acai, raspberry, strawberry, blueberry, banana, hemp milk
toppings: strawberries, blueberries, kiwi, almonds, chocolate shavings, agave

OASIS BOWL

base: banana, mango, pineapple, blue spirulina, coconut milk
toppings: kiwi, raspberries, flax seeds, coconut shavings

LEMON SQUEEZE

base: acai, banana, strawberry, fresh lemon juice
toppings: bananas, mango, goji berries, coconut shavings

MR. OLYMPIA +\$1.50

base: banana, strawberry, oats, whey protein, hemp milk
toppings: bananas, strawberries, cacao nibs, flax seeds, honey

PINA COLADA BOWL +\$1.50

base: banana, pineapple, vanilla hemp protein, coconut milk
toppings: pineapple, raspberries, coconut shavings, agave

THE CRUSH BOWL

base: banana, mango, turmeric, coconut milk
toppings: strawberries, mango, golden berries, chia seeds, bee pollen

HIIT BOWL

base: strawberry, pineapple, raspberry, hemp milk
toppings: kiwi, blueberries, strawberries, almonds, agave

MUY MATCHA

base: banana, pineapple, matcha, vanilla extract, hemp milk
toppings: raspberries, pineapple, hemp seeds, goji berries, honey

THE GUT CLEANSER

base: cucumber, kale, banana, pineapple, mango, coconut milk
toppings: mango, kiwi, goji berries, bee pollen

INDIGO BOWL

base: banana, blueberry, mango, coconut milk
toppings: bananas, kiwi, raspberries, hemp seeds, coconut shavings

ORGANIC EXTRACT JUICES

THE HANGOVER \$8.75
apples, beets, carrots, lemon

20/20 \$8.75
oranges, carrots, ginger

NAVITAS \$9.75
cucumber, ginger, apples, pineapple, kale

THE PWR-LIFTERS

12oz \$6.50

CHIA PUDDING (REG BASE)
hemp milk, chia seeds, honey, cinnamon

PROTEIN PACKED CHIA BASE +\$1.50
hemp milk, hemp vanilla protein, chia seeds, honey, cinnamon

choose 1 fruit
choose 2 toppings

VITALITY BALLS

oats, almond butter, honey, cacao nibs, flax seeds

4 for \$5 or 10 for \$12



CREATE YOUR OWN ACAI BOWL

parvus \$7 | medhyo \$10 | grandis \$15

served with granola
(gluten-free available + \$1)

CHOOSE YOUR BASE

classic acai base

vanilla protein base +\$1.50
(choose hemp or whey)

CHOOSE UP TO 2 FRUITS

strawberries
blueberries
raspberries
pineapple
mango
kiwi
banana

additional fruit \$1 extra

CHOOSE UP TO 3 TOPPINGS

hemp seeds
chia seeds
flax seeds
goji berries
golden berries
bee pollen
almonds
cacao nibs
chocolate shavings
coconut shavings
almond butter
honey
agave

additional toppings \$1 extra

SUPERFOODS (OPTIONAL)

ADD A SUPERFOOD TO ANY SMOOTHIE BOWL/CHIA PUDDING FOR \$1.50 MORE!

acai powder
camu camu powder
maca powder
matcha
turmeric
blue spirulina
collagen
whey protein
hemp protein