



FINS

Open daily from 7:00 AM to 1:30 PM

SMOOTHIES & JUICES

BLENDED

point break spinach, broccoli, banana, strawberry, lime, ginger, apple juice, honey ☐

nutty monkey almond milk, almond butter, banana, medjool dates, chia, choice of protein ☐

casino royale cranberry juice, blueberries, banana, greek yogurt, honey ☐

brekkie orange juice, non-fat greek yogurt, strawberries, banana, honey, rolled oats, choice of protein

PRESSED

the bomb apple, carrot, ginger, kale, romaine, parsley, spinach ☐

iron man, apple, celery, spinach, kale, lemon, ginger ☐

beets me, beets, carrot, celery, ginger, lemon ☐

FRESH BAKED

croissant

ham & cheese croissant

cheese danish

seasonal fruit danish

blueberry muffin ☐

mini muffin

fins bar

THIS + THAT

organic steel cut oatmeal

brown sugar

add

berries, bananas

flax or chia seed

FINS parfait

non-fat greek yogurt, fresh berries, topped with house made granola

bagel & lox

toasted bagel with smoked salmon, red onions, capers, cream cheese ☐

SNACKS + ADD ONS

hard boiled egg

granola

bagel or toast

cottage cheese

add nuts

add berries

ADDITIONAL SUPPLEMENTS

bee pollen

flax seeds

chia seeds

spirulina

almond butter

soy protein

wheat protein

hemp protein

We proudly offer Mattole Valley Naturals Plant & Whey Protein