

CAFÉ SELECTIONS

24oz / \$12⁹⁵

GREAT WHITE CHAI

335 kcal, 37g carbs, 40g protein

Reduces Inflammation + Improves Digestion

Black Tea, Oat Milk, Bananas, Ginger,
Oats, House Made Chai,
Vanilla Whey Protein, Collagen

COASTAL COLD BREW

653kcal, 84g carbs, 33g protein

Bone Health + Polyphenols

Cold Brew Coffee, Oat Milk, Bananas,
Cashews, Cacao Nibs, Date Syrup,
Chocolate Whey Protein

SOLSTICE WHOLE 30

882 kcal, 152g carbs, 17g protein

Energy + Protein

Cold Brew Coffee, Almond Milk, Bananas,
Cocoa Nibs, Hemp Hearts, Almond Butter,
Date Syrup, Cinnamon

BAYSIDE BANANA BUZZ

595 kcal, 95g carbs, 13g protein

All the Yummy Benefits of the Bayside but with the Buzz

Cold Brew Coffee, Chocolate Almond Milk,
Bananas, Hemp Hearts, Peanut Butter

CAPE COD ZEN BLEND

297 kcal, 58g carbs, 17g protein

Antioxidant Packed + Calming

Hemp Milk, Bananas, Spinach, Kale, Vanilla
Yogurt, Almond Butter, Honey, Sunfood
Superfoods Matcha

GOLDEN VIBES

257 kcal, 57g carbs, 4g protein

Skin Elixir + Reduces Inflammation

Hemp Milk, Bananas, Mangoes, Ginger,
Sunfood Superfoods Golden Milk Blend

ACAI

24oz / \$12⁹⁵

ISLAND ACAI BOWL

874 kcal, 123g carbs, 20g protein

Antioxidants + Vitamin C

Acai, Vanilla Yogurt, Strawberries,
Blueberries, Coconut Flakes, Vanilla Almond
Granola, Chia, Almond Butter, Honey

LIFE PRESERVER BOWL

545 kcal, 79g carbs, 12g protein

High in Fiber + High in Potassium

Acai, Vanilla Yogurt, Bananas, Strawberries,
Blueberries, Vanilla Almond Granola, Coconut
Flakes, Hemp Hearts, Peanut Butter, Honey

ACAI SOFT SERVE CONE

146 kcal, 29g carbs, 1.5g protein

Refreshing Treat in the Form of Dessert

Acai (Organic Acai, Sugar Cane, Organic
Dextrose, Organic Glucose Syrup, Organic
Vegetable Protein) Waffle Cone (Sugar Cane,
Enriched Wheat Flour, Brown Sugar, Vegetable
Oil, Soy Lecithin,
Oat Fiber, Salt, Flavor)

ON TAP

24oz / \$4⁹⁵

ICED COLD BREW · DECAF

24oz / \$5⁹⁵

NITRO



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DELIVERY • PICKUP



SUPERFOOD PROTEIN SHAKES

24oz / \$14⁹⁵

SEA GREENS

777 kcal, 113g carbs, 32g protein
Anti-Inflammatory + Skin Elixir

Oat Milk, Bananas, Kale, Spinach,
MCT Coconut Oil, Honey, Spirulina, Chlorella,
Collagen, Grey Sea Salt

LIQUID SUNSHINE

363 kcal, 64g carbs, 32g protein
Vitamin C + Digestion Aide

Coconut Water, Fresh Squeezed Orange Juice,
Pineapple, Mangoes, Bananas, Ginger,
Turmeric, Vanilla Plant Protein, Collagen

NANTUCKET BERRY BURST

660 kcal, 75g carbs, 75g protein
Omega 3 + Antioxidants

Organic Apple Juice, Acai, Bananas,
Blueberries, Navitas Super Berry Blend

BOARDWALK BROWNIE

844 kcal, 140g carbs, 55g protein
Antioxidant + Iron

Chocolate Almond Milk, Bananas,
Blueberries, Spinach, Cacao Nibs, Chia,
Vanilla and Chocolate Whey Protein,
Grey Sea Salt

RAIL TRAIL MIX

742 kcal, 108g carbs, 40g protein
Quick Absorption + Improve Immune

Oat Milk, Bananas, Cranberries, Red+Green
Apple, Hemp Hearts, Vanilla Almond Granola,
Almond Butter, Vanilla Whey Protein, Collagen

Before placing your order, please inform your server if a person in your party has a food allergy. Please be aware that allergen cross contamination may occur.

SMOOTHIES

24oz / \$10⁹⁵

BAYSIDE BANANA

577 kcal, 79g carbs, 15g protein
Protein + Improved Mood

Almond Milk, Bananas,
Cacao Nibs, Hemp Hearts, Peanut Butter

MANGO MERMAID

275 kcal, 67g carbs, 7g protein
High in Vitamin C + Iron

Pineapple Juice, Bananas,
Mangoes, Kale, Spinach, Ginger

FERRY BERRY

588 kcal, 142g carbs, 7g protein
Exercise Recovery + Antioxidants

Pineapple Juice, Blueberries, Strawberries,
Raspberries

HIT THE GREEN

399 kcal, 92g carbs, 10g protein
Folate + Heart Health

Coconut Water, Bananas, Kale, Spinach
Green Grapes, Green Apple

SUNBURST

556 kcal, 105g carbs, 7g protein
Cognitive Health + Blood Circulation

Fresh Squeezed Orange Juice, Mangoes,
Pineapple, MCT Coconut Oil

HIGH SEA

553 kcal, 131g carbs, 9g protein
Anti-Inflammatory, + Folate

Fresh Orange Juice, Mangoes, Raspberries, Beets,
Lemon Juice, Turmeric, Ginger, Cayenne Pepper,
Black Pepper

Nutritional Aides \$2⁰⁰

Collagen Protein	Hemp Hearts
Whey Protein	Nutella
(Chocolate, Plain, Vanilla)	Gluten Free Oats
Plant Protein	MCT Oil
(Chocolate, Vanilla)	Flax Seeds
Almond Butter	Ashwagandha
Peanut Butter	Vanilla Yogurt
Chia	Cacao Nibs

JUICE BLENDS

24oz / \$10⁹⁵

STRAWBERRY SUNRISE

131 kcal, 43 g carbs, 3g protein
High in Magnesium + Strengthens Gut
Strawberries, Red Apple, Lime, Mint

GREEN COOLER

265 kcal, 75g carbs, 8g protein
Detoxifies + Skin Elixir

Kale, Cucumber, Green Apple, Pear, Pineapple,
Mint, Ginger

LEMON ELIXIR (Served Iced or Hot)

51 kcal, 16g carbs, 2g protein
Balances PH + Improves Immune

Alkaline Water, Lemon, Ginger,
Turmeric, Cayenne Pepper, Black Pepper, Agave

GREEN FLASH

126 kcal, 35g carbs, 7g protein
Detoxifies + Bone Density

Celery, Kale, Cucumber, Parsley, Green Apple,
Lemon, Ginger, Turmeric

BUOY BEET BLAST

571 kcal, 141g carbs, 11g protein
Muscles Recovery + Aides Blood Pressure

Beet, Red Apple, Carrot, Lemon, Ginger, Parsley

SIMPLE FRESH JUICES

24oz / \$10⁹⁵

Apple + Ginger	Orange + Carrot
Celery	Pineapple + Mint
Cucumber + Mint	Carrot + Ginger

Order Any Juice in a Resealable Bottles

12oz / \$7⁹⁵ · 32oz / \$13⁹⁵ · 64oz / \$24⁹⁵