



ACAI BOWLS (Pronounced Ah-sigh-ee)

Pioneer

Acai, Banana, Strawberry & Almond Milk Blend,
Topped with Granola, Banana & Honey of Agave

Omega

Acai, Banana, Strawberry & Almond Milk Blend,
Topped with Granola, Banana, Strawberry,
Blueberry & Honey or Agave

Shaka

Acai, Banana, Pineapple & Almond Milk Blend,
Topped with Granola, Banana, Pineapple, Kiwi,
Coconut & Honey or Agave

Brio

Acai, Banana, Blueberry & Almond Milk Blend,
Topped with Granola, Kiwi, Blueberry, Coconut,
Peanut Butter & Honey or Agave

Eagle

Acai, Banana, Strawberry, Kale & Almond Milk
Blend, Topped with Granola, Banana, Strawberry,
Peanut Butter, Goji Berries & Honey or Agave

BYOB

Acai, Banana, Strawberry & Almond Milk Blend
with Your Choice of Toppings



ADD-ONS

Honey	Blackberries
Agave	Mango
Condensed Milk	Kiwi
Banana	Chocolate Chips
Strawberries	Granola
Pineapple	Protein Powder
Blueberries	Coconut

Dried Goji Berries	Bee Pollen
Dried Cranberries	Hemp Hearts
Peanut Butter	Sliced Almonds
PB Powder	Chopped Cashews
Almond Butter	Chopped Walnuts
Nutella	

SMOOTHIES

Classic

Banana, Strawberry & Almond Milk

Amazon

Acai, Banana, Blueberry, Strawberry,
Peanut Butter, Honey & Almond Milk

Monkey

Banana, Peanut Butter, Honey, Almond
Milk

Ollie

Banana, Blueberry, Honey & Orange Juice

Popeye

Spinach, Kale, Banana, Strawberry, Honey
& Orange Juice

ISA SHAKES

Vegan

IsaLean Chocolate & Almond Milk - 22g
Plant based protein

Classic Vanilla

IsaPro Vanilla & Almond Milk - 18g Whey
Protein

50/50 Bar

IsaPro Vanilla, Amped Hydrate & Almond
Milk - 18g Whey Protein

Peanut Butter Cup

IsaLean Chocolate, PB Fit & Almond Milk -
24g Plant based protein



SALADS-WRAPS-QUINOA BOWL

LoLo

Spring Mix, Blueberries, Quinoa, Goat Cheese, Cashews, Dried Cranberries, Cucumbers & Carrots with Lemon Olive Oil Dressing

California

Spinach, Strawberries, Avocado, Bleu Cheese, Hemp Hearts, Red Onion with Poppy Seed Dressing

Cottage

Spinach, Blackberries, Feta Cheese, Walnuts, Tomatoes, Green Onion & Honey Mustard Vinaigrette Dressing

Italian

Romaine, Salami, Blue Cheese, Sliced Almonds, Chickpeas & Tomatoes with Italian Herb Vinaigrette Dressing

Holy Kale

Kale, Spinach, Shredded Cabbage, Strawberries, Blueberries, Feta Cheese, Sliced Almonds, Carrots & Cucumbers with Poppy Seed Dressing

Southwest

Spinach, Corn Salsa, Tortilla Strips, Cheddar & Cheddar Cheese with Cilantro Lime Dressing

Side of Chicken - 8oz, 12oz, 16oz

Fruit Bowl

Fresh Strawberries, Pineapple, Kiwi, Blueberries, Bananas topped with Shredded Coconut



INHOUSE DRESSINGS

Honey Mustard Vinaigrette
Poppy Seed
Lemon Poppy Seed
Italian Herb Vinaigrette
Lemon Olive Oil

ENERGY & PROTEIN BARS

LoLo's PB&J Bar
LoLo's LoLo's Brownie Bar
Combat Bars (various flavors)

BREAKFAST BOWLS

Chickadee

Sliced hard-boiled egg, avocado, almonds & feta cheese on a bed of warm quinoa

Rocker

Bananas, Blueberries, Quinoa & Almond Milk

Trailhead

Quinoa, Banana, Strawberries, Blueberries, Almond Milk & Honey or Agave



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