



made-to-order

famous bowls (16.oz)

acai + pitaya
made-to-order



acai bowls 10.5

Original

base: acai, coconut milk + fruit - topped with granola, pineapple, strawberries, blueberries + honey drizzle

Tropical

base: acai, coconut milk + fruit - topped with granola, pineapple, strawberries, coconut + honey drizzle

Chocolate

base: acai, almond milk, fruit, dates + cacao - topped with granola, bananas, hemp seeds, walnuts + honey drizzle

PB + J

base: acai, almond milk, fruit, dates + cacao - topped with granola, strawberries, bananas, peanut butter + honey drizzle

pitaya bowls 10.5

Pretty in Pink

base: pitaya, coconut milk + fruit - topped with granola, pineapple, strawberries + honey drizzle

Purple Power

base: pitaya, coconut milk + fruit - topped with granola, blueberries, banana, hemp hearts + honey drizzle

chili fall + winter



Chili - 16 oz Bowl

8.5

lentils, black beans, pinto beans, kidney beans, onion, tomato paste, apple cider vinegar, dark chocolate, salsa, tomatillo, chili powder, cumin, bay leaf, cinnamon + paprika

Chili Kit Family Meal

30

simmer + serve. Feeds 6-8.

breakfast bowls (16.oz)

fuel your day the healthy way
made-to-order



breakfast bowls 8.5

Rise + Shine

base: overnight oats, almond milk, chia, maple syrup + secret sexy yowza mix - topped with granola, apples, walnuts, honey drizzle + cinnamon sprinkle

Nutter Butter

base: overnight oats, almond milk, chia, maple syrup - topped with granola, bananas, peanut butter + honey drizzle

Morning Glow

base: overnight oats, almond milk, chia, maple syrup - topped with granola, strawberries, blueberries, pineapple + honey drizzle

coffee | tea | water

Coffee Americano

4

double shot cold brew + hot filtered water

Iced Coffee

5

double shot cold brew + filtered water

Green Tea

single 3 / box (15) 12

Chamomile Tea

single 3 / box (15) 12

Kangen Water Refills 1/2 gallon 4 / 1 gallon 8

specialty blends (16.oz)

expertly crafted + customizable
made-to-order



Peach Perfect

8.5

anti-inflammatory, alkalizing, hydrating
spinach, cucumber, pineapple, peaches, ginger + coconut water

Detox Green

8.5

detoxifying, alkalizing, hydrating
kale, cucumber, spinach, celery, parsley, apple, lemon + coconut water

Pre-Workout

9

hydration, energy, strength, endurance
kale, orange, blueberries, banana, grapes, dates, chia + coconut water

Recovery

9

muscle recovery, anti-inflammatory
blueberries, strawberries, pineapple, cherries, banana, kale, spinach, dates, hemp protein + coconut water

1717

7.5

immunity, anti-inflammatory, hydration
orange, banana, strawberries, dates + filtered water

Cold + Flu Fighter

9

immunity booster, vitamin C
goji berries, pineapple, ginger, camu camu + coconut water

Sexy Yowza

10

energy, libido, metabolism booster
bananas, cacao, cinnamon, maca, dates, almond butter, cayenne + almond milk

fall specials

made-to-order

Frankenstein Blend
Pecan Pie Blend

grab-n-go fridge

Pumpkin Spice Blend
Pumpkin Bites



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Superfood Boost Add-Ins

1.5

add to any blend for an extra boost

chia seeds, maca, flax, ginger, hemp seeds, plant protein powder, goji berries, acai, camu camu, dates



grab-n-go

bottled blends (16.oz)

fuel good. feel good.

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Classic Green 9
alkalizing, hydrating, nutrient rich

kale, celery, cucumber, chia, ginger, lemon, apple + coconut water

Sweet Green 9.5
antioxidant, hydrating, alkalizing

kale, spinach, strawberries, peaches, pineapple, banana, dates + coconut water

Radical Repair 10
antioxidant, energy

blueberries, strawberries, raspberries, blackberries, acai, dates, chia + coconut water

Berry Zinger 7.5
metabolism booster

lemons, strawberries, pineapple, cayenne pepper + kangen water

Summer Love 9
antioxidant, energy, alkalizing

blueberries, peaches, grapes, pineapple, dates, vanilla, chia + coconut water

Blonde Brodie 8.5
energy, protein rich

banana, almond butter, maca, dates + almond milk

Dirty Blonde: spinach added 9

Black Gold 10
energy, protein rich

cacao, hemp hearts, banana, almond butter, maca, dates, almond milk + cold brew

Toddy Latte 6
energy

cold brew, almond milk + cinnamon

wellness shots

raw, blended + bottled fresh

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Turmeric 2.4 oz. 4 / 16 oz. Big Shot 16.5
anti-inflammatory

turmeric, ginger, honey, lemon, sea salt, black pepper + coconut water

Ginger 2.4 oz. 4 / 16 oz. Big Shot 16.5
immunity builder, anti-nausea

ginger, lemon, cayenne pepper + coconut water

high protein blends (16.oz)

packed with clean protein, 24g/each

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Dr Rich 12

cacao, chocolate protein, yowza mix, almond butter, flax, hemp seeds, banana, + almond milk

Loaded PB&J 11

strawberries, peanut butter, vanilla protein + almond milk

Ultimate Blonde 11

spinach, banana, maca, almond butter, vanilla protein + almond milk

blendees (8 oz.)

mini blends, major nutrition

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Strawberry 4

banana, strawberry, dates, honey, beet, almond milk

Chocolate 4

banana, cacao, dates, honey, almond milk

Sugar Cookie 4

almond milk, banana, almond butter, maca, dates, vanilla protein, almond extract

real food

made in house

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house salads

Hummus Bowl 8.5

Taco Salad 8.5

Bean Salad 7

Kale Salad 5.5

Super Kale Salad 6

Quinoa Salad 6

Chopped Broccoli Salad 7

Broccoli Beet Salad 9.5

snacks + dips

8 oz. Guacamole 8

8 oz. Hummus 6

8 oz. Olive Hummus 6.5

Veggies with Hummus 6.5

Tahini Dressing 6

The Chippy 5.5

Fruit Bowl 5

4-pack Energy Bites 6.5

2-pack Tuxedo Dates 4

Ediblend Crunch 8

Trail Mix 9.5

made-to-order option

If we are sold out of your favorite blend, please ask a team member for a recommendation. They will happily make a similar item for you!



2050 Utica Square, Tulsa, OK
ediblend.com



nutrition programs

Specifically designed to flood your body with maximum nutrition. Offered daily in our grab -n-go fridge (while supplies last) or reserve yours in advance at ediblend.com.

signature wellness cleanses



3 Day Wellness Cleanse 170

Consume daily: morning green tea, six superfood blends, emergency almonds + nightly chamomile tea. Everything needed is included and comes in an ediblend insulated bag.

Classic Green

kale, celery, cucumber, chia, ginger, lemon, apple + coconut water

Lemon Zinger

lemons, pineapple, cayenne pepper + kangen water

Choco Shake

kale, banana, cacao, hemp hearts, maca, dates, almond butter + almond milk

Beet Detox

beet, pineapple, strawberry, kale + coconut water

Spicy Green

cucumber, celery, green apple, ginger, jalapeño, lemon + coconut water

Perfect Balance

strawberries, blueberries, banana, pineapple, spinach, apple cider vinegar + coconut water

1 Day Wellness Cleanse 60

Includes morning green tea, five superfood blends, a kale salad, emergency almonds, nightly chamomile tea + ediblend insulated bag.

Classic Green

kale, celery, cucumber, chia, ginger, lemon, apple + coconut water

Berry Zinger

lemons, strawberries, pineapple, cayenne pepper + kangen water

Blonde Brodie

banana, almond butter, maca, dates + almond milk

Beet Detox

beet, pineapple, strawberry, kale + coconut water

Spicy Green

cucumber, celery, green apple, ginger, jalapeño, lemon + coconut water

Kale Salad

custom cleanse

Customize your cleanse to satisfy your own preferences. Recommendations can be given by one of our team members. Choose your six blends and enjoy!

Priced individually.



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