

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

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

Chili Kit Family Meal

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 double shot cold brew + hot filtered water

Iced Coffee
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

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

Cold + Flu Fighter

immunity booster, vitamin C

goji berries, pineapple, ginger, camu camu + coconut water

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10

Sexy Yowza
energy, libido, metabolism booster
bananas, cacao, cinnamon, maca, dates,
almond butter, cavenne + almond milk

winter specials: avail in our grab-n-go fridge

Chili Kits (family meal)
Chocolate Peppermint Bites

Sugar Cookie Blend Peppermint Mocha Blend



8 5

30



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Superfood Boost Add-Ins
add to any blend for an extra boost
chia seeds, maca, flax, ginger, hemp seeds, plant
protein powder, goji berries, acai, camu camu, dates

2050 Utica Square, Tulsa, OK ediblend.com

blends salads acai bowls cleanses energy bites dip



grab-n-go

bottled blends (16.oz)

fuel good. feel good.

Classic Green 9 alkalizing, hydrating, nutrient rich kale, celery, cucumber, chia, ginger, lemon, apple + coconut water

Sweet Greenantioxidant, 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 Loveantioxidant, energy, alkalizing
blueberries, peaches, grapes, pineapple, dates, vanilla, chia + coconut water

Blonde Brodieenergy, 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

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

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

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

Chocolate 4 banana, cacao, dates, honey, almond milk

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

real food

house salads

Hummus Bowl	8.5
Taco Salad	8.!
Bean Salad	7
Kale Salad	5.
Super Kale Salad	6
Quinoa Salad	6

snacks + dips

8 oz. Guacamole	8
8 oz. Hummus	6
8 oz. Olive Hummus	6.!
Veggies with Hummus	6.!
The Chippy	5.5
Fruit Bowl	5
4-pack Energy Bites	6.
2-pack Tuxedo Dates	4
Ediblend Crunch	8
Trail Mix	9.

winter specials: avail in our grab-n-go fridge

Chili Kits (family meal)
Chocolate Peppermint Bites

Sugar Cookie Blend Peppermint Mocha Blend



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ediblend superfood café. 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

170

3 Day Wellness Cleanse

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

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

60

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, ialapeño, 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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blends salads acai bowls cleanses energy bites