



In a Rush? Stay Calm and Call Ahead!  
\*781-773-1585

Crave Smoothies

20 oz \$8.00

**Hull Gut**

kale.spinach.ginger.pineapple.yogurt.apple juice

**Rattenberry**

strawberry.blueberry.raspberry.apple juice.yogurt

**SprayTan**

mango.banana.orange juice.yogurt

**Surf's Up**

banana.mango.pineapple.coconut milk

**Sour Apple**

strawberry.mango.yogurt.apple juice

**Mahoney Mash**

peanut butter.banana.Nutella.cacao.honey.almond milk

**Keep it Classy**

banana.strawberry.yogurt.almond milk

Crave Bowls

\$10.00

**The OG**

acai,strawberry.banana.blueberry.  
topped w/strawberries.blueberries.banana.granola

**The MAM-bo**

pitaya.strawberry.mango.banana.  
topped w/kiwi.coconut.banana.& granola

**The Harbormaster**

blue spirulina.kiwi.pineapple.banana.  
topped w/raspberries.coconut.banana & granola

**The King**

peanut butter.honey.cacao.banana.almond milk.  
topped w/banana.cacao nibs.granola &  
a dollop of honey roasted peanut butter



**Bowl and Smoothie boosts and add-ons**

**\$1.50**

- Turmeric \*Espresso
- Echinacea \*Honey
- Acai \*Nutella
- Cacao \*Beet Root
- Supergreens

- Zinc
- VitaminC
- Coconut
- Flax Seeds
- Chia Seeds
- Pecans
- Dates
- Peanut Butter

- Spinach

**\$2.00**

- Bee Pollen
- Protein Powder
- Crave Granola
- Goji Berries
- Organic Honey
- Sliced Almonds
- Collagen
- Cacao Nibs
- Honey Roasted Peanut Butter
- Wheatgrass
- Spurlina

\*We'd love to say we are nut free..but have you met Casey? We can't keep her in one place so... Before placing your order, please inform your server if a person in your party has a nut or food allergy.

But Wait...There's More.. 

### Our Iced Coffee Crushes

what's your fave?

- **Fresh Frankie (junior mint)**  
Coffee, Chocolate, and Mint
- **Lazy Lilly (turtle)**  
Caramel Pecan Coffee, and Chocolate
- **Little Lexi (reeses)**  
Peanut Butter Coffee, and Chocolate
- **Nutty Prestia (almond joy)**  
Coconut Coffee, Almond, and Chocolate

### Pick Your Poseidon!

straight up or on the rocks

- Italian Roast Coffee & Espresso
- Latte's & Cappuccino's
- Flavored Coffee's - the best selection
- Two Leaf Speciality Tea
- Matcha Tea & Chai Latte Tea
- Christin's Cocoa w/Roasted Marshmallow

### Get Fresh and Get Out!

Fresh pressed juices, & fruit infused teas

ready to go!

Fresh cold pressed Juices

8oz & 12oz size

### Beach Bites

- Craves Powerballs \$5/\$6  
variety of flavors that pack a nutrient filled punch
- Chia Pudding \$5
- Overnight Oats \$5
- Yogurt Parfaits \$4

### Sun Baked Goods

- Fresh Baked Muffins
- Nan's Fresh Baked Breads
- Coconut Macarons
- Homemade Granola
- Gluten Free Donuts
- Gluten Free Brownies

### Open Seas & Specialty Iced Teas

**Chamomile Tea** - infused with fresh pear, pineapple, mint, and lime

**Butterfly Tea** - infused with fresh watermelon and grape

**Jasmine Green Tea** - infused with fresh apple and turmeric

**Lemongrass Tea** - infused with fresh mango, lemon, and bayleaf

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