

layered

## Layered Signatures - \$5.99

### **Carnival Parfait 270 Cal**

Peanut butter overnight oats topped with popcorn and caramel sauce.

### **Miami Vice Parfait 250 Cal**

Toasted coconut custard topped with Greek vanilla yogurt, strawberry puree, granola and pineapple.

### **Apple Pie Parfait 220 Cal**

Greek yogurt layered with spiced apple compote, caramel sauce, granola and cashews.

### **Matcha Almond Berry Overnight Oats 180 Cal**

Vanilla Greek yogurt, peaches, blackberries, strawberries, almond milk, oats, matcha green tea with almonds and toasted coconut.

### **Peaches & Cream Overnight Oats 170 Cal**

Vanilla Greek yogurt, peaches, nonfat milk, oats with almonds and toasted coconut.

### **PB & J Indulgence Overnight Oats 250 Cal**

Greek yogurt layered with spiced apple compote, caramel sauce, granola and cashews.



mindful



vegetarian



vegan



plant based

2000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutrition information available upon request.

layered

## Build-Your-Own | \$5.99

***Choose Up To 5 Toppings***

### BASE (CHOOSE ONE)

- Vanilla Greek Yogurt
- Overnight Oats

***Additional Toppings | \$.99***

### TOPPINGS (CHOOSE ONE)

- Peanut butter
- Peaches
- Blackberries
- Strawberries
- Pineapple
- Toasted Coconut
- Granola
- Cashews
- Almonds

### SAUCES (CHOOSE ONE)

- Popcorn Sauce
- Caramel Sauce
- Strawberry Puree
- Cardamom Compote
- Spiced Apple Compote

### MILK/EXTRAS (CHOOSE ONE)

- Almond Milk
- Non Fat Milk
- Macha Green Tea



mindful



vegetarian



vegan



plant based

2000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutrition information available upon request.