



BEECH

ACAI • POKE • JUICE

SMOOTHIES 16oz

- Sperry Berry:** Acai, Strawberry, Blueberry, Banana, Raspberry, Coconut H2o **\$8.75**
- The Green One:** Kale, Spinach, Green Apple, Banana, Pineapple, Avocado, Lemon, Basil, Coconut H2o **\$8.75**
- Avie Monkey:** Banana, Dates, Unsweetned Almond Milk, Almond Butter, Cinnamon, Ginger, Cocoa infused Coconut H2o, Cacao Nib Garnish **\$8.75**
- Peachee Lychee:** Peach, Lychee, Banana, Meyers Lemon, Coconut H2o **\$8.75**

COLD PRESSED JUICES

- Beech Juice:** Carrot, Green Apple, Ginger, Orange, Celery, Lemon **\$8.50**
- Just Beet It:** Beet, Orange, Apple, Celery, Pineapple, Lemon **\$9.75**
- The Goods:** Kale, Apple, Ginger, Romaine, Spinach, Cucumber, Celery, Parsley, Lemon **\$9.75**
- Florida Roots:** Grapefruit, Orange, Cayenne Pepper **\$8.50**
- Dawn Patrol:** Pineapple, Apple, Mint **\$8.50**

ACAI BOWLS

- Beech Bowl:** Acai, Granola, Banana, Strawberry, Blueberry, Kiwi, Pineapple. Coconut Flakes, Raw Honey Drizzle **\$9.75**
 - B.A.B. Bowl:** Acai, Almond Butter, Granola, Banana, Raspberry, Hemp Seeds, Coconut Flakes, Raw Honey Drizzle **\$9.75**
 - Delecta-Bowl:** Acai, Granola, Strawberries, Pineapple, Mango (seasonal), Chia Seeds, Goji Berries, Coconut Flakes, Raw Honey Drizzle **\$9.75**
 - Yogi Bowl:** Lowcountry Greek Yogurt, Granola, Banana, Strawberry, Blueberry, Pineapple, Goji Berries, Coconut Flakes, Raw Honey Drizzle **\$9.75**
- ## BAGELS HAVE THE INSIDES SCOOPED OUT FOR A LITTLE HEALTHIER SNACK
- Toasted Bagel** with "Lowcountry Creamery" Cream Cheese **\$3.50**
 - Stardawg Guava:** Toasted Bagel with Guava Jam **\$3.50**
 - Nutty Danner:** Toasted with Almond Butter, Banana, Raw Honey **\$3.50**
 - El Fuego:** Tuna, Sunflower Sprouts, "Lowcountry Creamery" Cream Cheese, Tomato, Cucumber, Purple Cabbage, Avocado Spread **\$7.50**

WRAPS/SALADS HAVE IT IN A WRAP OR ON A BED OF LETTUCE

- Tuna Salad:** Romaine, Purple Cabbage, Carrot, Red Pepper, Cucumber, Sunflower Sprouts, Pico De Gallo, Balsamic Vinaigrette, Sea Salt **\$8.50**
- Chicken Salad:** Romaine, Tomatoes, Purple Cabbage, Red Peppers, Carrot, Cucumber, Sunflower Sprouts, Avocado, Balsamic Vinaigrette, Sea Salt **\$8.50**
- Roots Black Bean Hummus:** Hummus, Romaine, Purple Cabbage, Carrot, Red Pepper, Cucumber, Corn Relish, Sunflower Sprouts, Avocado, Pico De Gallo, Sea Salt **\$8.50**

\$1+ FOR A WRAP

ON TAP

- Cold Brew Coffee:** Black Tap Coffee, Charleston SC **\$4.25**
 - Sparkling Water** **\$1.50**
 - Kombucha:** One Love, Charleston SC **\$4.25**
ASK ABOUT OUR CURRENT FLAVORS
- ## COFFEE AND TEA
- House Coffee:** "Sullivan's Blend" King Bean, Charleston SC **\$3.50**
 - Tea:** Southern Harmony, Charleston SC **\$3.50**