

(720) 571-1979

<http://boulder.noshdelivery.co>

# Whole Sol Blend Bar Pearl St

## Signature Bols

The OG	\$12.75
<i>100% pure, wild-harvested acai base, topped with banana, strawberry, granola, &amp; honey.</i>	
Orange Creamsicle	\$12.50
<i>Citrusy orange-coconut base, topped with raspberry chia jam, mango, coconut shreds, &amp; granola. Drizzled with almond butter.</i>	
Green Monkey	\$13.75
<i>Banana, avocado, and spinach, topped with banana, coconut, chocolate chips, and granola.</i>	
Rise and Grind	\$12.75
<i>Cacao &amp; coconut base with cold brew coffee and almond butter. Topped with cacao nibs, bananas, raspberry, &amp; granola. Drizzled with almond butter &amp; sea salt.</i>	
The PB&J	\$11.50
<i>Our take on the all-time classic. Peanut butter, banana and oats base, topped with homemade raspberry chia jam, banana, granola, &amp; peanuts.</i>	
The Mayan	\$13.75
<i>Tropical, beautiful superfood dragon fruit (pitaya) base topped with mango, strawberry, coconut, and granola. Light and refreshing.</i>	
I Like You Matcha	\$11.50
<i>Supercharged green base (kale, banana, pineapple, and matcha), topped with coconut, banana, blueberry, &amp; granola. Our greenest.</i>	
Homemade Newtella	\$14.50
<i>Cacao, hazelnut, and acai base, topped with our own Newtella, cacao nibs, granola, and raspberry.</i>	
Mango Pina Colada	\$11.50
<i>Blue spirulina coconut &amp; pineapple base, topped with blueberry, coconut, homemade mango-coconut chia pudding, &amp; granola.</i>	
Strawberry Kiwi Bol	\$13.75
<i>Strawberry banana base topped with kiwi, strawberries, granola, and granola butter.</i>	
<b>Hot Bols</b>	
Primal	\$11.50
<i>Shredded cabbage topped with 2 poached eggs, avocado, &amp; homemade hemp pesto.</i>	
Tofu Scramble	\$11.50
<i>Sauteed tofu, kale, tomatoes, mushrooms, shallots, &amp; cabbage seasoned to perfection. A vegan classic.</i>	
Baked Oats	\$8.25
<i>Warm baked oatmeal bar with freshly steamed nut milk of your choice, plus 2 fruit toppings.</i>	
Power Greens	\$11.50
<i>Shredded kale mixed with sauerkraut, 2 poached eggs, hemp seeds, Dijon dressing, &amp; topped with avocado.</i>	

## Limited Time

Vegan Breakfast Burrito	\$10.75
<i>Homemade vegan chili, brown rice, and JUST Egg. Served with creamy cilantro lime sauce and adobo sauce. Enjoy hot in store, or grab &amp; go for later. Heating instructions: place directly on rack, heat at 375A° for 7 minutes - and enjoy :)</i>	
Chili + Cornbread	\$6.75
<i>Our comforting homemade chili with fluffy cornbread made from organic blue corn!</i>	

## Snacks

Ultra (Overnight) Oats	\$6.75
<i>Gluten-free rolled oats, almond milk, banana, vanilla, hemp seeds, cacao nibs, cinnamon.</i>	
Vegan Cookie Dough	\$6.00
<i>Chickpeas, oats, dates, peanut butter, vegan chocolate chips.</i>	
Matcha Protein Bites	\$6.50
<i>Dates, pepitas, matcha, coconut, plant protein.</i>	
Vanilla Chia Pudding	\$6.75
<i>Almond milk, chia seeds, mango, raspberry chia jam.</i>	
Kona Protein Bites	\$6.50
<i>Dates, pepitas, coffee grinds, cacao, plant protein.</i>	

## USDA Certified Organic Cold-Pressed Juice (12 oz.)

Juice Boost Immunity Bundle	\$31.50
<i>Super Pack containing 4 juices, including 2 new ones cold off the press: our Super Juice &amp; Ginger-Aide, plus our best-selling Spicy Greens &amp; Post-Workout Shot.</i>	
Daily Greens	\$9.50
<i>Your classic, well-balanced, smooth green. Cucumber, kale, romaine lettuce, celery, lemon, parsley.</i>	
The Detox	\$8.00
<i>Celery, apple, lemon, cilantro.</i>	
Pre-Workout	\$8.00
<i>Nitrates in beets boost athletic performance by up to 20%. Consume 2-3 hours pre-workout. Beet, carrot, apple, lemon, ginger.</i>	
King Thai Coconut Water	\$5.75
Super Juice	\$10.50
<i>A blend of blueberries, red cabbage, apple, cucumber, and lemon. Everything you need to super boost your immunity.</i>	
Spicy Greens	\$8.50
<i>Cucumber, kale, romaine lettuce, ginger, celery, lemon.</i>	
Celery Juice	\$8.00
<i>Celery, lemon.</i>	
Beauty Elixir	\$9.45
<i>Sweet potato, carrot, pineapple, orange, apple, lemon, turmeric.</i>	
Pure Glacier	\$8.00

## Adaptogens By the Adeptist

Lunar + Bliss Elixir	\$5.50
<i>Invoke bliss, calm the nervous system + soothe the body. Rose*, shatavari*, ashwagandha*, cinnamon*, cardamom*, pink salt*, vanilla*, stevia*, love. (*indicates organic).</i>	
Beauty + Brains Elixir	\$5.50
<i>Enhance beauty + cognitive function. Moringa*, tocotrienols*, pink salt*, vanilla*, stevia*, love (*indicates organic).</i>	
Intuition + Flow Elixir	\$5.50
<i>De-calcify the pineal gland, ultimately bringing us back in touch with our intuitive impulses and natural biological rhythms. Raw cacao*, chaga mushroom*, schisandra*, berry*, pink salt*, vanilla*, stevia*, love. (*indicates organic).</i>	
Detox + Synergy Elixir	\$5.50
<i>Ground and balance all body systems. Specifically nourishing the gut + detoxifying the liver. Turmeric*, maca*, cinnamon*, ginger*, black pepper*, pink salt*, vanilla, stevia*, love. (*indicates organic).</i>	

## Lattes

Matcha Latte	\$4.75
<i>Pure, raw coconut milk with USDA Organic Matcha.</i>	
Regular Latte	\$4.50
Beauty Latte	\$5.25
<i>Pearl powder, matcha mangosteen, vegan collagen, almond milk, touch of maple syrup.</i>	
Chai Latte	\$5.00
Blue Green Dream	\$6.75
Golden Latte	\$6.75
<i>Almond milk, turmeric, maple syrup, shot of espresso.</i>	

## Caffeine & CBD

Coyote Cold Brew	\$7.50
<i>Cold brew coffee, energizing maca, cacao, cinnamon, maple syrup, vanilla, brain-enriching walnut oil, and a touch of maple syrup.</i>	
Vanilla Bean Cold Brew	\$4.25
<i>Served black. Add almond milk (no charge).</i>	
Americano	\$4.00
Vanilla CBD Latte	\$9.00
<i>Almond milk, shot of espresso, 7.5mg non-psychoactive vanilla CBD oil.</i>	
Mocha Cold Brew	\$4.75
<i>Served black. Add almond milk (no charge).</i>	
Espresso	\$3.50
Decaf Espresso	\$3.50
OZO Drip Coffee	\$3.00

Vegan Chickpea Frittata \$5.50  
*Vegan, soy-free frittata with kale and roasted red peppers.*

### **Top-Rated Toasts**

White Truffle Avocado Toast \$4.75  
*Gluten-free bread topped with avocado, red pepper flakes, sprouts, cherry tomatoes, and white truffle olive oil.*

Beets & Toasted Hazelnuts Toast \$4.75  
*Beets, sprouts, toasted hazelnuts, treenut cheese, balsamic.*

Newtella Toast \$4.75  
*Our homemade chocolate-hazelnut newtella, granola butter, sliced strawberry, honey.*

Bruschetta Pesto Toast \$4.75  
*Hemp pesto, treenut cheese, tomato, balsamic glaze.*

PB & Chia Jam Toast \$4.75  
*Peanut butter, banana, raspberry chia jam, cacao nibs.*

Vegan Breakfast Sammie \$10.00  
*Just Egg scramble with tree nut cheese, tomato, homemade Dijon dressing, and sprouts.*

*So hydrating that it is blue (naturally). Coconut water, aloe vera juice, spring water, blue spirulina, lemon, stevia.*

Perfect Match-a \$10.75  
*Pineapple, spinach, apple, lime, coconut, water, matcha*

### **USDA Certified Organic Cold-Pressed Power-Up Shots (4 oz.)**

Straight Fire \$4.75  
*Ginger, lemon.*

Post-Workout \$6.50  
*Lemon, orange, turmeric, ginger.*