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BEECH
ACAI • POKE • JUICE
Est. 2016

**Beech Shack: 1973 Riviera Drive
Mount Pleasant SC 29464 |
843-352-9393**

ACAI \$13.50

Proudly Serving 100% Organic & Gluten Free Acai & Granola

Beech Bowl: Acai, Granola, Banana, Strawberry, Blueberry, Pineapple, Raw Honey Drizzle

B.A.B. Bowl: Acai, Almond Butter, Granola, Banana, Raspberry, Strawberry, Hemp Seeds, Raw Honey Drizzle

Delecta-Bowl: Acai, Granola, Strawberry, Pineapple, Mango, Chia Seeds, Goji Berry, Raw Honey Drizzle

The Patriot Way: Acai, Granola, Cacao Nibs, Banana, Blueberry, Strawberry, Raw Honey Drizzle

PB&A: Acai, Peanut Butter, Granola, Strawberry, Banana, Raw Honey Drizzle

Coco-Cashew Bowl: Acai, Granola, Cashew Butter, Banana, Blueberry, Cacao Nibs, Coconut Flakes, Raw Honey Drizzle

Nutella Bowl: Acai, Granola, Nutella, Strawberry, Blueberry, Banana, Coconut Flakes, Raw Honey

SMOOTHIES^{GF} \$9.75

Plant Based Protein Powders & Grass Fed Collagen For \$1.50

Sperry Berry: Acai, Strawberry, Blueberry, Banana, Raspberry, Coconut H2O

The Green One: Spinach, Green Apple, Lemon, Banana, Pineapple, Basil, Coconut H2O

Avie Monkey: Almond Milk, Peanut Butter, Banana, Dates, Ginger, Cinnamon, Cacao

Basil Sunshine: Pineapple, Mango, Basil, Lemon, Agave, Coconut H2O

Pina Colada: Banana, Pineapple, Lemon, Coconut Chips, Coconut H2O, Agave

Jaded One: Spinach, Apple, Mango, Pineapple, Ginger, Agave, Banana, Coconut H2O

BAGELS AND MORE



Toasted Bagel: W/Cream Cheese or Butter **\$3.75**

Nutty Danner Toasted Bagel with Peanut Butter, Banana, Raw Honey **\$5.50**

Nutella Toast: Toasted Sour Dough Bread, Nutella, Strawberry, Banana, Hemp Seeds **\$7.50**

Avocado Toast Toasted Sour Dough Bread, Avocado, Chili Flakes, Hemp Seed, Lemon, Salt, Olive Oil **\$7.99**

Gluten Allergy? Check for the (G) to indicate something that contains gluten.

KIDS MENU \$8.50

Proudly Serving 100% Organic & Gluten Free Acai & Granola

Kids Acai: Acai, Granola, Strawberry, Banana, Honey

Fruit Cup: Strawberry, Pineapple, Blueberry, Green Apple, Banana



\$10.50

WRAPS/SALADS \$9.50

Ask For It Pressed

Add Protein Option For \$2

Crunchy Thai

Salad

Romaine, Carrot, Green Onion,
Red Cabbage, Red Onion,
Pineapple, Crispy Onion Flakes,
Cashews, Ginger Dressing

Veggie Delight

Salad

Spinach, Quinoa, Avocado
Carrot, Cucumber, Sprouts,
Red Cabbage, Pico De Gallo,
Capers, Ginger Dressing

Home Run

Salad

Romaine, Avocado, Tomato,
Kalamata Olives, Cucumber,
Red Onion, Balsamic Vinaigrette

Crunchy Thai Chicken

Wrap

Protein Option

Carrot, Chicken Salad,
Green Onion, Red Cabbage,
Red Onion, Pineapple, Crispy Onion,
Cashews, Ginger Dressing

Buffalo Chick Pea

Wrap

Protein Option

Carrot, Chickpea Hummus
Pico De Gallo, Red Cabbage,
Cucumber, Spinach, Sprouts

Black Bean Hummus

Wrap

Protein Option

Pico De Gallo, Black Bean Hummus
Cucumber, Carrot, Red Cabbage,
Sprouts, Balsamic Vinaigrette,

Chicken Salad

Wrap

Protein Option

Chicken Salad, Carrot,
Cucumber, Sprouts
Balsamic Vinaigrette

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Tuna Salad

Wrap

Protein Option

Tuna Salad, Carrot, Sprout,
Pico De Gallo, Balsamic Vinaigrette