

smoothies



chocolate explosion

unsweetened almond milk, banana, chocolate whey protein powder, peanut butter, nutella
379-563 cal



glow up

unsweetened coconut milk, banana, strawberry, organic açai, peanut butter, nutella
310-525 cal



whey-up

unsweetened almond milk, banana, strawberry, vanilla whey protein powder, peanut butter
328-453 cal



mango strawberry

mango, strawberry, honey
130-187 cal



pink flamingo

unsweetened almond milk, pineapple, mango, pitaya, honey
224-343 cal



detox

kale, pineapple, apple, chia seeds
228-302 cal



tropical

unsweetened coconut milk, mango, pineapple, banana
250-404 cal



very berry

strawberry, blueberry, organic açai, honey
214-321 cal



green machine

unsweetened coconut milk, pineapple, kale, honey, avocado
221-245 cal



frutta bowls bar

Your guests will love building their own Frutta Bowls. Choose a 48oz base, granola, up to 4 fruits and up to 4 toppings.

frutta smoothie bar

Our famous smoothies are a welcome addition to any party. Offer guests a classic selection of our ready-to-serve 16 oz. smoothies. Up to 5 flavors.

bowl of frutta

Add some fresh, juicy color to your table. Your guests can fill their plate with strawberries, kiwi, mango, blueberries, apple and pineapple.

protein bite platter

Satisfying and slightly sweet, these energizing treats are available in 2 platter sizes. Available in chocolate or vanilla, and plant or whey protein. Option to have with or without coconut flakes.

power up platter

This protein-packed platter can satisfy any crowd. Includes protein bites, strawberries, hard-boiled eggs, pineapple, apple, and your choice of 2 dips.

frutta & dip platter

A dip platter done the Frutta way! Includes strawberries, pineapples, blueberries, apples, mangos and your choice of 2 8oz dips.

toast & toppings platter

Let's toast to your guests. Our toast points are served with strawberries, apple, roasted red peppers, and hard-boiled eggs. Includes your choice of 4 toppings and 2 dips.



toasts

all toasts served on rustic italian, gluten free bread available



savory avocado

avocado, feta, red pepper flakes, sea salt, sriracha
310 cal



pb&n

peanut butter, strawberry, banana, nutella, cacao nibs
393 cal



bee's knees

apple, brie, honey, almond slices
320 cal



strawbrie

strawberry, brie, balsamic glaze
283 cal



everything avo

avocado, roasted red pepper, hard boiled egg, everything bagel seasoning
315 cal



bravocado

avocado, sun-dried tomato pesto, hard boiled egg, red pepper flakes, sea salt
445 cal

refreshers

40-120 cal

Enjoy our organic Strawberry or Mango flavors! Add lemonade, coconut milk, or green tea for a twist!



bowls, smoothies, superfoods, and more!

order online at fruttabowls.com

or have it delivered



download our mobile app



order online fruttabowls.com



delivery fruttabowls.com



catering fruttabowls.com/catering

want to own a frutta?

visit franchise.fruttabowls.com

build your own bowl

1 base + 1 granola + 3 fruits + 2 toppings

71-920* cal

choose any base and top it with your Frutta favorites

power
up!

ask about
our boosts

bases



açaí
organic açaí,
banana



greek yogurt
creamy, tangy &
slightly sweet



oatmeal
whole grain &
served warm



coconut
sweet &
creamy



greens
kale, banana,
pineapple,
almond milk



pitaya
pitaya, banana,
pineapple,
almond milk

1 granola**

* signature blueberry flax

* cinnamon

3 fruits

* apple
* banana

* blueberry
* kiwi

* mango
* pineapple

* strawberry

2 toppings

* agave
* almond butter
* almond slices
* cacao nibs

* chia seeds
* cinnamon
* coconut flakes
* ground flaxseed

* hemp seeds
* honey
* nutella
* peanut butter

* whipped
cream

boosts

* collagen boost

* energy boost

* immune boost

* multi vitamin boost

* probiotic boost

protein

* chocolate plant protein

* chocolate whey protein

* vanilla plant protein

* vanilla whey protein

pick 2

413-915 cal

choose from:
small signature bowl
12 oz smoothie • 12 oz
refreshers • toast



protein bites

348-366 cal

hand-rolled with cinnamon,
granola, honey, peanut butter,
with or without coconut flakes.
vanilla and chocolate whey or plant
protein options available.



signature bowls

Choose any base:

açaí • pitaya • greens • coconut
greek yogurt • warm oatmeal



frutta

granola, strawberry,
pineapple, kiwi,
nutella, peanut
butter, honey,
coconut flakes
455-878 cal



frutella

granola, banana,
strawberry,
nutella, peanut
butter, coconut
flakes
459-849 cal



muscle up

chocolate whey
protein powder,
granola, banana,
peanut butter
384-759 cal



classic

granola, banana,
strawberry,
blueberry, honey,
peanut butter,
cacao nibs
416-773 cal



hulk

vanilla whey
protein powder,
granola, mango,
blueberry, honey,
strawberry,
peanut butter
404-877 cal



beachin'

granola, banana,
mango, pineapple,
kiwi, honey,
coconut flakes
326-652 cal



bermuda

granola, strawberry,
blueberry,
pineapple, mango,
coconut flakes
269-605 cal



rainbowl

granola,
strawberry,
blueberry, mango,
apple, honey
275-622 cal



peanutella

chocolate whey
protein powder,
granola, strawberry,
banana, nutella,
peanut butter,
cacao nibs
514-959 cal



download our
mobile app today
and get a **free**
smoothie after
your first rewards
purchase!

*does not include additional toppings **gluten-free available in some locations