CHOOSE YOUR SIZE

KIDS 8oz. 6.00    REGULAR 16oz. 8.50     LARGE 32oz. 13.00

BUILD YOUR OWN BOWL

BASE Organic acai, strawberries, banana, blueberries & a dash of soy milk
GRANOLA Oats & Honey
TOPPINGS Strawberries, banana, blueberries, coconut & a drizzle of honey
(250-700 Cal.)

The Bango Bowl

BASE Organic pitaya, banana, pineapple, apple & a dash of apple juice
GRANOLA Vanilla Nut
TOPPINGS Pineapple, strawberries, banana, coconut & a drizzle of honey
(250-700 Cal.)

The Pink Dragon Bowl

BASE Spinach, mango, pineapple, banana, honey & a dash of coconut milk
GRANOLA Oats & Honey
TOPPINGS Pineapple, banana & chia seeds
(230-670 Cal.)

The Green Bowl

BASE Organic acai, strawberries, banana, blueberries & a dash of soy milk
GRANOLA Oats & Honey
TOPPINGS Strawberries, banana, blueberries, coconut & a drizzle of honey
(250-700 Cal.)

Build Your Own Bowl

CHOOSE YOUR SIZE

KIDS 8oz. 6.00    REGULAR 16oz. 8.50     LARGE 32oz. 13.00

GRANOLA Oats & Honey • Vanilla Nut • Chocolate • Gluten Free
BASE Acai • Pitaya • Green
ADD TOPPINGS .75 EA. (First 3 included) Apple • Almonds • Banana • Blueberries • Brown Sugar • Chia Seeds • Chocolate Chips
Flax Seeds • Graham Crackers • Grapes • Hemp Seeds • Marshmallows • Pineapple • Raisins • Strawberries • Walnuts
Almond Butter + .50 • Cookie Butter + .50 • Peanut Butter + .50 • Nutella + .50 • Goji Berries + .50 • Kiwi + .50 • Mango + .50 • Pomegranate + .50

Oatmeal Bowls

CHOOSE YOUR SIZE

KIDS 8oz. 5.00    REGULAR 16oz. 7.00     LARGE 32oz. 9.00

The Montauk
Apple, cinnamon, brown sugar & raisins (210-440 Cal.)

Sunset Cruise
Strawberries, banana, blueberries & honey (200-400 Cal.)

Build Your Own Bowl

CHOOSE YOUR SIZE

KIDS 8oz. 5.00    REGULAR 16oz. 7.00     LARGE 32oz. 9.00

CHOOSE TOPPINGS & PREMIUM TOPPINGS
See available toppings under Acai, Pitaya & Green Bowls

Smoothies

ONE SIZE 16oz. 7.00
ADD WHEY PROTEIN 1.00

Purple Rain
Organic acai, strawberries, banana, peanut butter, honey, & soy milk
(385 Cal.)

Pango Boss
Banana, flax seed, peanut butter, chocolate protein & almond milk
(680 Cal.)

Dr. Smooth
Banana, strawberries, apple, almond butter & almond milk
(475 Cal.)

Health Nut
Kale, banana, dates, almond butter & almond milk (360 Cal.)

La Flamengo
Pitaya, banana, strawberries & orange juice (350 Cal.)

Extreme Green
Kale, pineapple, mango, chia seeds & soy milk (290 Cal.)

Fire Island Sunrise
Pineapple, mango & coconut (240-700 Cal.)

Holy Hamptons
Peanut butter, banana, coconut & chocolate chips (360-800 Cal.)

Banana Mango
Banana, pineapple, mango & orange juice (430 Cal.)
**Poke Bowls**

- **Mango Big Eye**
  - White rice, marinated tuna, cucumbers, edamame, sweet onions, seaweed salad, crispy onions, soy sauce, avocado poblano
  - Price: $13.50 (820 Cal.)

- **Spicy Girl**
  - White rice, marinated salmon, cucumbers, jalapeños, seaweed salad, spicy furikake, crispy wonton strips, soy sauce, spicy mayo
  - Price: $13.50 (875 Cal.)

- **Bango Big Island**
  - White rice, marinated salmon, avocado, edamame, cucumber, pineapple, crispy onions, wasabi
  - Price: $13.50 (805 Cal.)

**Warm Bowls**

- **Harvest**
  - Brown rice, shredded kale, roasted chicken, roasted brussel sprouts, roasted sweet potatoes, goat cheese, toasted almonds, balsamic vinaigrette
  - Price: $11.99 (750 Cal.)

- **Green Basil**
  - Brown rice, chopped romaine, roasted chicken, roasted broccoli, grape tomatoes, shaved parmesan, multigrain croutons, lemon basil ranch
  - Price: $11.25 (800 Cal.)

- **Chirpy Pig**
  - Brown rice, chopped romaine, pulled pork, roasted sweet potatoes, roasted broccoli, cabbage slaw, corn, crispy onions, honey mustard vinaigrette
  - Price: $10.99 (780 Cal.)

**Salad Bowls**

- **Kale Caesar**
  - Shredded kale, chopped romaine, roasted chicken, grape tomatoes, shaved parmesan, multigrain croutons, lime squeeze, creamy caesar
  - Price: $10.99 (425 Cal.)

- **Thai Crunch**
  - Chopped romaine, grilled shrimp, carrots, shredded cabbage, red peppers, wonton strips, sriracha honey
  - Price: $11.99 (250 Cal.)

- **Greek Avocado**
  - Chopped romaine, roasted chicken, grape tomatoes, cucumbers, avocado, feta cheese, roasted beets, multigrain croutons, greek house
  - Price: $11.99 (250 Cal.)

**Build Your Own Bowl**

- **Price**: $9.50

**CHOOSE YOUR BASE** (Up to 2)
- White Rice
- Brown Rice
- Warm Quinoa
- Shredded Kale
- Chopped Romaine

**ADD PROTEIN**
- Roasted Chicken 2.25
- Grilled Shrimp 3.50
- Marinated Tofu 2.25
- Pulled Pork 2.25
- Marinated Tuna (Raw) 4.00
- Marinated Salmon (Raw) 4.00

**ADD TOPPINGS**
- .50 EA (First 4 included): Bell Peppers, Jalapeños, Mango, Spicy Furikake, Roasted Beets, Grape Tomatoes, Carrots, Edamame, Green Onion Wonton Strips, Shredded Cabbage, Toasted Almonds, Cucumber, Pickled Ginger, Sweet Onions, Roasted Sweet Potatoes, Cabbage Slaw, Corn, Pineapple, Sesame Seeds, Roasted Broccoli, Crispy Onions, Avocado, Goat Cheese, Feta Cheese, Seaweed Salad, Roasted Brussel Sprouts, Shaved Parmesan, Roasted Broccoli

**DRESSINGS**
- Avocado Poblano
- Bango Marinade
- Creamy Caesar
- Greek House GF
- Balsamic Vinaigrette GF
- Honey Mustard Vinaigrette GF
- Cucumber Wasabi
- Sriracha Honey GF
- Soy Sauce
- Spicy Mayo
- Lemon Basil Ranch
- Extra Virgin Olive Oil GF
- V: Fresh Lime Squeeze GF
- V: Fresh Lemon Squeeze GF
- V: Balsamic Vinegar GF

*GF = Gluten Free  V = Vegan

“Before placing your order, please inform your server if a person in your party has a food allergy”.

“Consuming raw or undercooked meats, poultry or shellfish may increase your risk of food borne diseases especially if you have certain medical conditions.”