

# Acai Alaska



## In a Rush?

**WE ACCEPT CALL IN ORDERS!**

Call ahead of time and we'll have your order ready for you when you arrive.

## Catering

Need catering for a special event, business, or corporate function? Let us design a catering menu just for you. Please email catering requests to: [acaialaskallc@gmail.com](mailto:acaialaskallc@gmail.com)



907-333-2224 | [acaiaak.com](http://acaiaak.com)

## Fresh Eats

**DAWN PATROL BURRITO** \$7.00

Flour tortilla with scrambled eggs, onions, spinach, bell peppers, mushrooms, tomatoes, and cheese.

**DA KINE BURRITO** \$8.00

Flour tortilla with reindeer sausage, scrambled eggs, onions, spinach, bell peppers, mushrooms, tomatoes, and cheese.

**DA GRINDS** \$7.00

Rice bowl with scrambled eggs, reindeer sausage, bell peppers, onions, mushrooms, and cheese.

**GRILLED CHEESE** \$6.00

Grilled Cheese on hearty organic bread.

**GRILLED HAM & CHEESE** \$7.00

Grilled Cheese on hearty organic bread with ham.

**GRILLED VEGGIE & CHEESE** \$7.00

Grilled Cheese on hearty organic bread with bell peppers, mushrooms, onions, spinach, and tomatoes.

**GRILLED COMBO** \$7.00

Grilled Cheese on hearty organic bread with ham, bell peppers, mushrooms, onions, spinach, and tomatoes.

**MUSUBI** \$2.50

Hawaiian style sushi with SPAM®. Sold by the roll.

*Salsa available on the side | Extra Meat, Cheese or Veggies \$1.00*

**DAILY SPECIAL** Prices Vary

# Acai Alaska

750 W. Dimond Blvd., Suite 113 | Anchorage, AK 99515

907-333-2224 | [acaiaak.com](http://acaiaak.com)  

Located off of Arctic & Dimond. Catering Available. Feedback is always welcome - [acaialaskallc@gmail.com](mailto:acaialaskallc@gmail.com).

# Acai Alaska

## "Heaven in a Bowl"



## Hawaiian Style

### Acai Bowls & Smoothies

Acai fruit blends topped with your choice of fresh fruits, nuts, seeds, granola, coconut and superfoods.



**We're Open**

Tues - Fri: 9am - 6pm

Sat: 10am - 5pm

Winter hours (Sept - April) shown above; hours vary by season. Please check our  page for current hours.

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*Ah-Sigh-Ëe*

# Healthy Food...Healthy Body!

## BENEFITS OF SUPERFOODS

### Acai Berries

- High in antioxidants
- Powerful immune booster
- Rich in protein fiber, vitamin E and iron
- Essential Omega-3's, 6's & 9's
- Performance enhancement
- Lowers cholesterol

### Acerola Cherries

- Strengthens immune system
- Reduces inflammation
- Vitamin C and antioxidant powerhouse
- High in iron, calcium and beta carotene

### Almonds

- Improves skin complexion
- Encourages brain development
- Supports cardiovascular health
- Regulates cholesterol levels and inflammation

### Bee Pollen

- Boosts Immune System
- Reduces inflammation
- Contains disease-fighting antioxidants
- Powerful antibacterial, antifungal and antiviral properties
- Rich in vitamins, minerals, proteins, fatty acids, enzymes, carotenoids and bioflavonoids

### Cacao Powder & Nibs

- Packed with minerals (magnesium, calcium, iron, zinc, potassium)
- Helps fortify against stress
- Rich in antioxidants and vitamins (A, B's, C, & E)

### Chia Seeds

- Supports cardiovascular health
- High in soluble fiber
- Great source of Omega-3 fatty acids
- Maintains strong bones

### Cinnamon

- Antibacterial and antifungal properties
- Assists balancing blood sugar levels
- Relieves anxiety, stress and fatigue
- Aids circulation and digestion
- Supports blood pressure

### Coconut

- Antimicrobial and antibacterial properties
- Improves digestion and metabolism
- Aids weight loss and brain function
- Supports cardiovascular health and lower cholesterol
- Regulates hormones

### Flax Seeds

- High in soluble and insoluble fiber
- Supports healthy blood sugar levels
- Natural appetite suppressant
- May reduce risk of heart disease, cancer, stroke and diabetes
- Source of protein, vitamins and Omega fatty acids

### Goji Berries

- Preserves eyesight
- Regulates hormone levels
- 11 essential vitamins (with A & D)
- 22 trace minerals
- Antioxidant Rich (Polyphenols, Flavonoids, Carotenoids, Vitamins A, C and E)

### Hemp Seeds

- Contains essential amino acids and fatty acids
- Complete plant protein
- Easily digested and absorbed
- Source of vitamins B6, C, D and E
- Promotes healthy hair, skin and nails

### Honey

- Antifungal and antibacterial
- Strengthens immune system
- Reduces ulcers and GI disorders
- Regulates blood sugar levels
- Soothes cough and throat irritations

### Pumpkin Seeds

- High in Fiber
- Nutritional powerhouse
- Supports cardiovascular and strengthens immune systems
- Anti-diabetic
- Anti-inflammatory

### Spirulina

- Powerful detoxifier
- Immune booster
- Contains all amino acids
- High levels of protein
- Anti-allergy (stops histamine release)
- Regulates blood pressure
- Regulates cholesterol
- Improves cognitive ability and mental health

### Sunflower Seeds

- Supports thyroid function
- Balances blood sugar levels
- Promotes cardiovascular health
- Combats osteoporosis, bone loss and muscle cramps

### Walnuts

- Disease fighting properties
- Supports heart and brain health
- Rare and powerful antioxidants
- High in monosaturated and polyunsaturated fats

## Ask us about Catering, Gift Certificates and Punch Cards!

Prices subject to change without notice.

# Signature Bowls

Reg (8 oz) \$7.00 / Lrg (16 oz) \$11.00

Made with blend of your choice: Original, Nutty Heaven or Hawaiian.

**MAUNA KEA Topped with all Fresh Fruit, Macadamia Nuts, Walnuts, Almonds, Chocolate Covered Almonds, Granola with Flax & Pumpkin Seeds, Coconut Shavings, Goji Berries, Hemp and Flax Seeds**

**ONO Topped with all Fresh Fruit, Macadamia Nuts, Walnuts, Almonds, Chocolate Covered Almonds, Granola with Raisins & Almonds, and Coconut Shavings**

**MAUI WAU! Topped with Bananas, Blueberries, Strawberries, Macadamia Nuts, Walnuts, Almonds, Chocolate Covered Almonds, Granola with Raisins & Almonds, and Coconut Shavings**

**TIGER SHARK Topped with Blackberries, Kiwi, Raspberries, Walnuts, Almonds, Goji Berries, Pumpkin and Sunflower Seeds, Bee Pollen, Chia, Flax & Hemp Seeds**

**MOFO Topped with Blackberries, Kiwi, Mango, Raspberries, Strawberries, Chocolate Covered Acai & Blueberry, Granola with Raisins & Almonds, and Coconut Shavings**

**LAVA FLOW Topped with Strawberries, Chocolate Covered Acai & Blueberry, Coconut Shavings, Goji Berries, and Chia Seeds**

**PURPLE TIDE Topped with Kiwi, Granola with Flax & Pumpkin Seeds, Goji Berries, and Bee Pollen**

**BONSAI Topped with Kiwi, Chocolate Covered Acai & Blueberry, Macadamia Nuts, and Spirulina**

**REEF Topped with Bananas, Granola with Raisins & Almonds, Coconut Shavings, and Spirulina**

**PIPELINE Topped with Bananas, Granola with Flax & Pumpkin Seeds, Hemp and Flax Seeds**

# Signature Smoothies

Reg (12 oz) \$6.00 / Lrg (16 oz) \$7.00

**ARCTIC PB&J Original Blend swirled with Nutty Heaven Blend**

**AURORA TYE DYE Original Blend swirled with Ketchikan Kale Green Smoothie -See ingredients below-**

**FIREWEED Original Blend topped with Acerola and Goji Berries**

**FORGET ME NOT Original Blend topped with Blueberries and Chia Seeds**

**KETCHIKAN KALE GREEN Bananas, Pineapple, Green Grapes, Spinach, Kale, Agave, Cinnamon, Spirulina and Nutmeg**

**MOSSY KODIAK Ketchikan Kale Green Smoothie, swirled with Nutty Heaven Blend.**

**SLEEPING LADY Original Blend topped with Mango and Coconut Shavings**

# Create your own...

Can't decide? Try ordering a Surprise Acai Bowl or Smoothie and let us decide for you. Please specify if you have any allergies.

# Bowls

Base Blend Only  
Reg (8 oz) \$4.50  
Lrg (16 oz) \$6.00

Up to 3 Toppings  
Reg (8 oz) \$6.00  
Lrg (16 oz) \$9.00

Unlimited Toppings  
Reg (8 oz) \$7.00  
Lrg (16 oz) \$11.00

Please fill out the custom order sheet with your selections.

## Step #1 CHOOSE BLEND

Topped with your choice of fruit, superfood and/or granola. No substitutions or changes may be made to the blends and smoothie bases.

### ORIGINAL BLEND

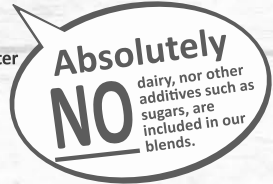
Acai, Bananas, Blackberries, Blueberries, Raspberries, and Strawberries

### NUTTY HEAVEN BLEND

Acai, Bananas, Strawberries, and Peanut Butter

### HAWAIIAN BLEND

Acai, Bananas, and Strawberries



## Step #2 CHOOSE SIZE

### BOWL SIZES

8 oz Regular  
16 oz Large



### SMOOTHIE SIZES

12 oz Regular  
16 oz Large



## Step #3 CHOOSE FRUIT\*\* (Subject to availability)

Bananas | Blackberries | Blueberries | Dried Cranberries  
Dried Mango | Dried Pineapple | Kiwi | Mango | Papaya  
Pineapple | Raspberries | Strawberries

## Step #4 CHOOSE NUTS or SUPERFOOD

Acerola | Almonds | Bee Pollen\* | Cacao Nibs\* | Chia Seeds\*  
Coconut Flakes | Goji Berries\* | Flax Seeds\* | Hemp Seeds\*  
Pumpkin Seeds\*\* | Spirulina\* | Sunflower Seeds\*\* | Walnuts  
[\* Organic Ingredients | \*\* Raw Ingredients]

## Step #5 CHOOSE GRANOLA

Almond & Raisin | Flax & Pumpkin Seed \*/\*\* | House/Special

# Smoothies

Base Blend Only  
Reg (12 oz) \$5.00  
Lrg (16 oz) \$6.00

Up to 3 Toppings  
Reg (12 oz) \$7.00  
Lrg (16 oz) \$8.00

Step #1  
CHOOSE  
BLEND

Step #2  
CHOOSE  
FRUIT

Step #3  
CHOOSE NUTS  
or SUPERFOOD

SEE BASE BLENDS, FRUIT, NUTS AND SUPERFOOD CHOICES ABOVE

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