

SWORL

160 CALORIES • 20G PROTEIN
9G SUGAR • 7G FIBER

High Protein Soft Serve

The Tasting Menu

\$15

Morning Ritual — 33G PROTEIN WHIPPED VANILLA

Vanilla almond butter granola, bananas, strawberries, blueberries, One Trick Pony crunchy peanut butter

CONTAINS MILK • PEANUTS • TREE NUTS

After School Special — 33G PROTEIN PEANUT BUTTER MISO

Vanilla almond butter granola, bananas, strawberries, Smash Foods strawberry chia jam, One Trick Pony crunchy peanut butter

CONTAINS MILK • PEANUTS • TREE NUTS • SOY

Salted Cacao Crunch — 35G PROTEIN SEA SALT CACAO

Magic Spoon cereal, bananas, plantain chips, Dang coconut chips, One Trick Pony crunchy peanut butter

CONTAINS MILK • PEANUTS • TREE NUTS • SOY

Cloud Nine — 35G PROTEIN COCONUT UBE

Vanilla almond butter granola, bananas, Dang coconut chips, plantain chips, One Trick Pony crunchy peanut butter

CONTAINS MILK • PEANUTS • TREE NUTS

Strength Stack — 41G PROTEIN WHIPPED VANILLA

Vanilla almond butter granola, Magic Spoon cereal, blueberries, Undercover milk chocolate mini crisps, One Trick Pony crunchy peanut butter

CONTAINS MILK • PEANUTS • TREE NUTS • SOY

Umami Harvest — 35G PROTEIN PEANUT BUTTER MISO

Magic Spoon cereal, bananas, plantain chips, Smash Foods strawberry chia jam, One Trick Pony crunchy peanut butter

CONTAINS MILK • PEANUTS • SOY

Build Your Own

CHOOSE A SWORL FLAVOR, ADD YOUR TOPPINGS,
SERVED NAKED OR DRESSED.

SMALL | LARGE
\$9 | \$11



Whipped
Vanilla



Coconut
Ube



Sea Salt
Cacao



Peanut Butter
Miso

Toppings +\$1.50 EACH

Crunchy Peanut Butter



Almond Butter Vanilla Granola

purely
elizabeth.

Coconut Chips

dang

Peanut Butter Protein Cereal

MAGIC
SPOON

Fresh Bananas

Plantain Chips

Wild Blueberries

JOSH
POND

Milk Chocolate Mini Crisps

UNDERCOVER

Strawberry Chia Jam

smash

Roasted Japanese Sweet Potatoes

Coming Soon

Fresh Strawberries



192 BLEECKER STREET, NEW YORK

No artificial flavors, colors, or sweeteners. Prices in USD.

Same Time Tomorrow?