



662-346-4230

<http://www.tupelo2go.com>

# P.O.P.S.Y

## Popsy Popsicles

Buy 5 for \$18	\$18.00
Buy 10 for \$35	\$35.00
Strawberry Popsy Popsicle	\$3.00
Strawberry Lemonade Popsy Popsicle	\$3.00
Frosted Lemonade Popsy Popsicle	\$3.00
<i>Made with Chick Fil A Lemonade</i>	
Hawaiian Cooler Popsy Popsicle	\$3.00
<i>Pineapple, oranges &amp; bananas</i>	
Cookies & Cream Popsy Popsicle	\$3.00
Buttermilk Popsy Popsicle	\$3.00
Vanilla Popsy Popsicle	\$3.00
Birthday Cake Popsy Popsicle	\$3.00
Chocolate Popsy Popsicle	\$3.00
<i>Tastes like a Fudgesicle!</i>	

## Smoothie Bowls & Goodies

B.Y.O.B. Smoothie Bowls	\$12.00
<i>Choose your Base, Fruits and Toppings</i>	
Local Granola	\$7.00
<i>TD Farm Granola</i>	

## Wraps

**Available 11 am till 2pm**

Turkey Club Wrap	\$10.00
<i>Honey Turkey, Lettuce, Tomato, Mayo, Cheese, Bacon on a Spinach Wrap &amp; PoPchips</i>	
Hummus Wrap	\$10.00
<i>Homemade Hummus, Cucumbers, Avocado, Lettuce &amp; Tomato on a Spinach Wrap &amp; PoPchips</i>	
Spicy Tuna Wrap	\$10.00
<i>Spicy Wild caught Albacore Tuna, Cucumbers, &amp; Carrots on a Wheat Wrap &amp; PoPchips</i>	
Southwest Turkey	\$10.00
<i>Honey Turkey, Lettuce, Black Beans, Corn, Shredded Cheese, Sriracha, Lime Juice, Spicy Ranch on a Spinach Wrap &amp; PoPchips</i>	
The King	\$10.00
<i>Natural PB, Bananas, Local Granola, Local Honey on a Wheat Wrap &amp; PoPchips</i>	

## Beverages

**Almond and Coconut Milk available upon request**

Coconut Matcha Latte	\$5.00
<i>Dairy Free, unsweetened coconut milk, matcha and agave</i>	
Turmeric Dream(Wake up/Detox)	\$9.00
<i>Apple, Carrots, Celery, Pear, Lemon juice &amp; Turmeric</i>	
HeartBeet (Detox/Energy)	\$9.00
<i>Beet, Apples, Pear, Ginger &amp; Lemon Juice</i>	

SuperGreens (Detox)	\$9.00
<i>Kale, Spinach, Celery, Parsley, Apple, Pear, Raspberries &amp; Lime</i>	
Apple Carrot w/ a Twist (Energy)	\$9.00
<i>Apples, Carrots, Parsley, Ginger &amp; Lemon</i>	
Splash of Sun (Energy/Immunity)	\$9.00
<i>Carrots, Oranges &amp; Ginger</i>	
Green Meal Replacement Smoothie	\$9.00
<i>Leafy greens, liquid base, 2 fruits &amp; natural protein booster</i>	
Chocolate Meal Replacement Smoothie	\$9.00
<i>Banana, Raw Cacao, Mejuol Dates, Unsweetened Almond milk, Almond Butter &amp; Chia Seeds</i>	
Kale-Licious Green Smoothie(Post Workout/Energy)	\$9.00
<i>Kale, Coconut Water, Blueberries, Pineapple, Banana &amp; Almond Butter</i>	
Boosted OJ Smoothie	\$9.00
<i>Banana, fresh juiced OJ, Kale, Spinach, Ginger &amp; Coconut Water</i>	
The Sky Smoothie	\$9.00
<i>Kale, Banana, Unsweetened Almond Milk &amp; Sunflower Butter</i>	
Mystical Mango(Energy, Immunity & Detox)	\$9.00
<i>Oj, Water, Avocado, Lime Zest, Ground Cardamom &amp; Mangos</i>	
Sodas	\$2.00
Honest Juice Box	\$1.00
Smart Water	\$2.00