



## WELLNESS SHOTS

VG

2oz

### GINGER LEMON 7

ginger & lemon  
calories 25 • fat 0.2g • carbs 6g • sugar 1g

### DETOX SHOT 7

lemon, acv, turmeric, cayenne, honey  
calories 52 • fat 0.2g • carbs 14g • sugar 9g

## JUICES

GF / VG

12oz • 8 / 20oz • 11

### ANTIOXIDANT

carrot, beets, ginger, turmeric, pineapple  
12oz: calories 200 • fat 0g • carbs 60g • sugar 32g  
20oz: calories 250 • fat 1.5g • carbs 56g • sugar 33g

### PERFECT GREEN

celery, cucumber, kale, lemon, ginger, apple  
12oz: calories 90 • fat 1.5g • carbs 19g • sugar 6g  
20oz: calories 150 • fat 2.5g • carbs 32g • sugar 9g

## GRAB & GO SNACKS

### CASHEW PROTEIN BAR 3

Granola, Cashew, Egg White, Protein Powder,  
Dark Chocolate, Cherry  
Fat 10g • Carbs 27g • Sugars 7g • Protein 15g

### HARD BOILED EGGS 6

Two Farm Fresh Brown Hen Eggs  
155 calories 2 each serving • Fat 10.6g • Carbs 1.1g  
Sugars 1.1g • Protein 12.6g

### SUNFLOWER BUTTER PROTEIN BITES 5

sunflower butter, pepitas, rolled oats,  
apricot, date, hemp seeds  
calories 100 • fat 6g • carbs 10g • sugar 6g (V) (DF)

### PEANUT BUTTER PROTEIN BITE 3

peanut butter, chocolate chips, rolled oats,  
coconut, vanilla, chia seeds  
calories 90 • fat 4.5g • carbs 12g • sugar 6g • protein 2g (V) (DF)

### HARD BOILED EGG 3

cage free egg  
calories 70 • fat 5g • carbs 0g • sugar 0g • (V) (GF) (DF)

### TURKEY SAUSAGE EGG BITE 2

turkey sausage, egg whites, peppers, mozzarella cheese  
calories 90 • fat 4g • carbs 2g • sugar 1g • protein 14g

### ALMOND PROTEIN ENERGY BITE 3

almond butter, rolled oats, flaxseeds,  
chia seeds, vanilla, honey  
calories 120 • fat 7g • carbs 12g • sugar 3g • protein 4g (V) (DF)

### MINI MUFFINS 1

cherry walnut flaxseed, apple blueberry,  
double chocolate (GF)

### FRUIT CUP 5

seasonal cut fresh fruit  
(V) (GF) (DF)

## FITNESS CAFÉ SMOOTHIES

20oz • 12

### NUTTY BLUE

blueberries, banana, PB2,  
chocolate protein, almond milk  
calories 470 • fat 22g • carbs 41g • sugar 22g • Protein 41.7g

### VERY BERRY

raspberries, strawberries, blueberries, banana,  
oat milk, strawberry protein  
calories 340 • fat 9g • carbs 40g • sugar 21g • Protein 41.7g

### STRAWBERRY BANANA

strawberries, banana, vanilla greek yogurt,  
honey, skim milk, vanilla protein  
calories 340 • fat 1g • carbs 50g • sugar 40g • Protein 32g

### CAPTAIN PETE'S BLUEBERRY BLEND

blueberries, almond butter, kale,  
banana, almond milk  
calories 510 • fat 31g • carbs 56g • sugar 33g • Protein 9g

### CHOCO BANANA

cocoa, banana, peanut butter,  
chocolate protein powder, oat milk  
calories 600 • fat 28g • carbs 39g • sugar 16g • Protein 40g

### RECOVERY

banana, chia seeds, cocoa nibs, dates,  
cashew butter, coconut milk, unflavored collagen  
calories 520 • fat 20g • carbs 66g • sugar 34g • Protein 12g

### MIGHTY GREEN

kale, spinach, celery, banana, avocado, cashew butter,  
pineapple, coconut water  
calories 425 • fat 45g • carbs 39g • sugar 16g • Protein 10g

### ACAI

acai, banana, strawberry, blueberry, almond milk,  
chia seeds, banana protein  
calories 340 • fat 12g • carbs 30g • sugar 12g • Protein 31g

## ENHANCERS

(no additional cost)

### NAKED LOW CARB WHEY PROTEIN

Vanilla, Strawberry, Chocolate, Double Chocolate, Unflavored,  
Chocolate Peanut Butter

### NAKED PLANT PROTEIN

Chocolate Peanut Butter, Double Chocolate, Vanilla, Unflavored,  
Strawberry Banana

### CREATINE

post workout recovery

### GLUTAMINE

amino acid, muscle development, post workout.

### COLLAGEN

unflavored

CACAO NIBS, CACAO POWDER, SPIRULINA  
DATES, CHIA SEEDS, FLAX SEEDS, COCONUT  
FLAKES, TURMERIC POWDER, ALMOND BUTTER,  
CASHEW BUTTER, COCONUT BUTTER, PB2  
organic, raw, non-processed

(GF) = Gluten Free\* • (DF) = Dairy Free • (V) = Vegetarian • (VG) = Vegan  
\*Prepared in our kitchen that commonly handles wheat product and other grains.