



AÇAÍ BOWLS

14.00

GREEN AÇAÍ BOWL

Acai, spinach, kale, blueberries & almond milk topped with granola, banana, flaxseeds & almond butter

COCONUT AÇAÍ BOWL

Acai, mango, banana & coconut water topped with granola, coconut shaving & chia seeds

BERRY AÇAÍ BOWL

Acai, blueberries, banana & almond milk topped with granola, blueberries, strawberries & peanut butter

FRESH JUICES

12oz 7.00 / 20oz 10.00

PERFECT GREEN JUICE

Celery, apple, kale, cucumber, lemon, ginger

MIGHTY GREEN JUICE

Kale, spinach, celery, cucumber, lemon, ginger

WELLNESS SHOTS

1oz \$5.75 / 2oz 9.50

WHEATGRASS

GINGER

CLASSIC SMOOTHIES

DF/GF/VEGAN

20oz 7.50

STRAWBERRY & BANANA

Strawberries, banana, Greek yogurt, skim milk
Calories 266 – Fat 1.3g – Carbs 53.6g – Sugars 32.1g

BERRY GOOD

Strawberries, blueberries, Greek yogurt, cranberry juice
Calories 315 – Fat 1g – Carbs 73g – Sugars 51.1g

TROPICAL POP

Mango, pineapples, raspberries, banana, pineapple juice
Calories 348 – Fat 0.9g – Carbs 85.9g – Sugars 70.4g

BANANA BERRY

Banana, strawberries, blueberries, skim milk
Calories 299 – Fat 0.2g – Carbs 64.8g – Sugars 41g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

FITNESS CAFE SMOOTHIES

DF/GF/VEGAN

20oz 9.50

VERY BERRY

Raspberries, strawberries, blueberries, banana, almond milk
Calories 224 – Fat 2.8g – Carbs 49g – Sugars 31.7g

NUTTY BLUE

Blueberries, banana, peanut butter, almond milk
Calories 399 – Fat 18.7g – Carbs 51.8g – Sugars 31g

TROPI-GREEN

Kale, spinach, pineapple, mango, mint, coconut water
Calories 276 – Fat 1.2g – Carbs 57.1g – Sugars 48.1g

ALL IN

Blueberries, PB2, spinach, kale, banana, almond milk
Calories 302 – Fat 5.1g – Carbs 56g – Sugars 32.1g

SUPER FOOD SMOOTHIES

DF/GF/VEGAN

20oz 11.00

HARD CORE

Avocado, mint, spinach, matcha & coconut milk
Calories 221 – Fat 15.6g – Carbs 17.4g – Sugars 9.6g

GOIN COCONUT

Blueberries, almond butter, kale, mct oil & coconut milk
Calories 464 – Fat 31.6g – Carbs 35g – Sugars 24g

SMOOTHIE ADDITIONS

WHEY PROTEIN – CHOCOLATE OR VANILLA	1.75
24g protein, supports muscle recovery after workout. Add lean mass to your frame	
PLANT BASE PROTEIN– VANILLA	4.00
20g plant protein from peas, sunflower & pumpkin seeds	
CHIA SEEDS	1.25
Rich in Omega 3 & hydration, feel full longer	
FLAXSEEDS	1.25
High in fiber & protein. Anti-inflammatory, great source of plant protein	
SPINACH	1.75
Nutrient rich vegetable, high in vitamin A & C	
KALE	1.75
Dense vegetable, full of antioxidants	
ROLLED OATS	.75
Complex carbohydrates, regulates blood sugar levels, high in fiber, stay full longer	
SPIRULINA	1.75
Blue-green algae superfood, high antioxidants, super source of iron	
TURMERIC	1.50
From the ginger family, anti-inflammatory	
PB2	2.00
Peanut powder that is lower in fat and calories than natural peanut butter	
MCT OIL	2.00
Medium chain triglycerides, full of healthy fat. Cells burn MCTs for energy and boosting metabolism.	
MACA POWDER	1.75
Peruvian ginseng, increases energy & stamina	
MATCHA GREEN TEA POWDER	1.75
45mg caffeine per gram, great antioxidant	