

# Fitness Café

OPEN MONDAY-SATURDAY



## PARFAITS

5.75

FRESH BERRIES & YOGURT PARFAIT

## SUPER FOOD SMOOTHIES (GF/DF/VEGAN)

20oz 11.00

### GOIN COCONUT

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

## FITNESS CAFE SMOOTHIES (DF/V)

20oz 9.75

### MORNIN' JOE

Almond milk, iced coffee, banana, rolled oats,  
cocoa nibs, dates  
Calories 493 – Fat 16.4g – Carbs 111.7g – Sugars 18.4g

### CHOCOBANANA

Almond milk, banana, cocoa powder, peanut butter, honey  
Calories 466 – Fat 26.4g – Carbs 51.2g – Sugars 29.2g

### 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

## CLASSIC SMOOTHIES (G/V)

20oz 7.75

### STRAWBERRY & BANANA

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

### TROPICAL POP

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

## SMOOTHIE ADDITIONS

<b>WHEY PROTEIN CHOCOLATE OR VANILLA</b> 24g protein, supports muscle recovery after workout. Add lean mass to your frame	2.00
<b>PLANT BASE PROTEIN CHOCOLATE OR VANILLA</b> 20g plant protein from peas, sunflower & pumpkin seeds	4.00
<b>CHIA SEEDS</b> Rich in Omega 3 & hydration, feel full longer	1.25
<b>FLAXSEEDS</b> High in fiber & protein. Anti-inflammatory, great source of plant protein	1.25
<b>SPINACH</b> Nutrient rich vegetable, high in vitamin A & C	1.75
<b>KALE</b> Dense vegetable, full of antioxidants	1.75
<b>ROLLED OATS</b> Complex carbohydrates, regulates blood sugar levels, high in fiber, stay full longer	.75
<b>SPIRULINA</b> Blue-green algae superfood, high antioxidants, super source of iron	1.75
<b>TURMERIC</b> From the ginger family, anti-inflammatory	1.50
<b>PB2</b> Peanut powder that is lower in fat and calories than natural peanut butter	2.00
<b>MCT OIL</b> Medium chain triglycerides, full of healthy fat. Cells burn MCTs for energy and boosting metabolism.	2.00
<b>MACA POWDER</b> Peruvian ginseng, increases energy & stamina	1.75
<b>MATCHA GREEN TEA POWDER</b> 45mg caffeine per gram, great antioxidant	1.75
<b>AVOCADO</b> Good source of heart-healthy monounsaturated fats loaded with potassium	MKT
<b>COCOA NIBS</b> Cacao Nibs are simply chocolate in its purest form that offer a good source of iron and fiber	1.50
<b>PEANUT BUTTER OR ALMOND BUTTER</b> Add healthy fat to your smoothie, making it a sustainable meal that will be packed with flavor	1.00
<b>RAW CACAO POWDER</b> Natural source of calcium, iron, zinc & potassium. Contains more flavonoids than any other food	1.00
<b>RAW ALMONDS (8)</b> Adds an amazing crunch packed with heart-healthy monounsaturated fats and Vitamin E, protein, fiber, potassium, calcium, phosphorus & iron	1.75

(GF) Gluten Free • (DF) Dairy Free • (V) Vegetarian

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