

Fitness Café

OPEN DAILY

WELLNESS SHOTS

Vegan

1 oz 4 / 2 oz 7

GINGER 5 calories

GINGER LEMON 10 calories
(2 oz only)

JUICES

GF / Vegan

12 oz 8 / 20 oz 11

PERFECT GREEN JUICE

(12 oz) calories 120 – (20 oz) calories 200
Celery, cucumber, kale, lemon, ginger, apple

MIGHTY GREEN JUICE

(12 oz) Calories 85 – (20 oz) Calories 142
Celery, cucumber, kale, lemon, ginger, spinach

DELIGHTFUL BEET JUICE

(12 oz) Calories 121 – (20 oz) Calories 202
Celery, carrots, beets, apples

CELERY JUICE

(12 oz) Calories 84 – (20 oz) Calories 140

AÇAÍ BOWLS

14

GREEN AÇAÍ BOWL

Açaí, spinach, kale, blueberries, unsweetened almond milk,
Topped with granola, banana, flaxseeds, almond butter

COCONUT AÇAÍ BOWL

Açaí, mango, coconut water
Topped with granola, banana, shaved coconut, chia seeds

BERRY AÇAÍ BOWL

Açaí, blueberries, banana, unsweetened almond milk
Topped with granola, blueberries, strawberries,
peanut butter

LUNCH

SEARED TUNA (GF)

19

Fennel, shaved carrots, pickled onions, arugula,
olive oil, lemons

SALMON KALE TABOULEH FREGOLA SALAD

17

Taggiasca olives, radishes, toybox tomatoes,
cucumber, feta, mint vinaigrette

TURKEY WRAP

13

Natural turkey, arugula, tomato, brie cheese,
cranberry mostarda-mayo, whole wheat tortilla

SOUTHWESTERN ACHIOTE CHICKEN WRAP

13

Lettuce, black beans, sweet corn, roasted red pepper,
ranch, whole wheat tortilla

K'S BOWL

14

Sprouted lentils, shaved brussels sprouts,
roasted beets, pomegranates seeds, pepitas,
blueberries, baby heirloom tomatoes, quinoa,
feta cheese, citrus vinaigrette

TOFU NOODLE BOWL (GF / V)

14

Sweet potato noodles, broccoli, shitake mushrooms, bell
peppers, scallions, toasted peanuts, cilantro,
chili garlic-tamari sauce

PEANUT BUTTER PROTEIN BOX (GF)

13

Celery, boiled egg, cheddar cheese, turkey

SOUPS

9

MONDAY.....CHICKEN & WILD RICE

TUESDAY..... TOMATO SHRIMP

WEDNESDAY BLACK BEAN

THURSDAYMARYLAND CRAB

FRIDAY.....TURKEY CHILI

SATURDAY.....CURRIED CAULIFLOWER

SUNDAY CHICKEN & MUSHROOM

(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

FITNESS CAFÉ SMOOTHIES

DF / V

20oz 10

MORNIN' JOE

Iced coffee, banana, rolled oats, cocoa nibs, pitted dates, unsweetened almond milk

Calories 517 – Fat 16.4g – Carbs 115g – Sugars 24.1g

CHOCOBANANA

Banana, cocoa powder, peanut butter, local honey, unsweetened almond milk

Calories 436 – Fat 26.4g – Carbs 44.2g – Sugars 22.2g

VERY BERRY

Raspberries, strawberries, blueberries, banana, unsweetened almond milk

Calories 266 – Fat 3.7g – Carbs 57.2g – Sugars 30g

NUTTY BLUE

Blueberries, banana, peanut butter, unsweetened almond milk

Calories 369 – Fat 18.7g – Carbs 44.8g – Sugars 24g

CLASSIC SMOOTHIES

GF / V

20oz 8

STRAWBERRY & BANANA

Strawberries, banana, Greek yogurt, skim milk

Calories 266 – Fat 1.3g – Carbs 53.6g – Sugars 32.1g

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

SUPER FOOD SMOOTHIES

GF / DF / Vegan

20oz 11

TROPI-GREEN

Coconut water, pineapple, mango, spinach, kale

Calories 276 – Fat 1.2g – Carbs 57.1g – Sugars 48.1g

ALL IN

Blueberries, PB2, kale, spinach, banana, unsweetened almond milk

Calories 272 – Fat 5.1g – Carbs 49g – Sugars 25.1g

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, coconut milk

Calories 404 – Fat 21.6g – Carbs 35g – Sugars 24g

SMOOTHIE ADDITIONS

WHEY PROTEIN *Chocolate or Vanilla* 2.00
24g protein, supports muscle recovery after workout. Add lean mass to your frame

PLANT BASE PROTEIN *Chocolate or 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.

SPINACH 1.75
Nutrient rich vegetable, high in vitamin A & C

KALE 1.75
Dense vegetable, full of antioxidants

ROLLED OATS (GF available upon request) .75
Complex carbohydrates, regulates blood sugar levels, high in fiber, stay full longer

HEMP SEEDS 1.75
Naturally loaded with high nutritional value, boasting with amino acids and fatty acids the body needs. A protein powerhouse with a single serving having about 10g.

ALMONDS 1.75
Full of healthy fats and Omega 3's. Add to your smoothies for an extra crunch.

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 fats. Cells burn MCTs for energy and boosting metabolism.

MATCHA GREEN TEA POWDER 1.75
45mg caffeine per gram, great antioxidant

AVOCADO MKT
Good source of heart-healthy monounsaturated fats loaded with potassium

COCOA NIBS / COCOA POWDER 1.75
Cacao Nibs are simply chocolate in its purest form that offer a good source of iron, fiber and high in flavonoids

PEANUT BUTTER OR ALMOND BUTTER 1.00
Add healthy fat to your smoothie, making it a sustainable meal that will be packed with flavor