



WELLNESS SHOTS

Vegan

2oz

GINGER LEMON 7

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

DEFENSE SHOT 7

lime, cilantro, ginger, local honey
calories 60 • fat 0.2g • carbs 16g • sugar 11g

FITNESS CAFÉ SMOOTHIES

20oz • 12

NUTTY BLUE

blueberries, banana, peanut butter,
chocolate protein, almond milk
calories 470 • fat 22g • carbs 41g • sugar 22g

VERY BERRY

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

STRAWBERRY BANANA

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

CAPTAIN PETE'S BLUEBERRY BLEND

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

ENHANCERS

(no additional cost)

PLANT BASED VEGAN PROTEIN

chocolate, vanilla, salted caramel, unflavored.

ISOPURE ZERO/LOW CARB WHEY PROTEIN

creamy vanilla, dutch chocolate, banana cream, espresso,
vanilla salted caramel, cookies and cream, alpine punch,
unflavored, strawberry

CREATINE

post workout recovery

JUICES

GF / Vegan

12oz • 8 / 20oz • 11

HYDRATE

watermelon, chia seeds, cucumber, lime
12oz • calories 110 • fat 2g • carbs 25g • sugar 18g
20oz • calories 190 • fat 3.5g • carbs 42g • sugar 30g

ANTIOXIDANT

carrot, beets, ginger, turmeric, pineapple
12oz • calories 150 • fat 1g • carbs 36g • sugar 20g
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 9g
20oz • calories 150 • fat 2.5g • carbs 32g • sugar 6g

SEEING BLUE

avocado, dates, blue spirulina, hemp seeds,
almond butter, oatmilk, local honey
calories 480 • fat 27g • carbs 57g • sugar 39g

RECOVERY

banana, chia seeds, cocoa nibs, dates,
cashew hazelnut oat butter, coconut mylk,
unflavored collagen
calories 520 • fat 20g • carbs 66g • sugar 34g

GOIN' COCO

pineapple, mango, banana, cashew butter,
coconut mylk, unflavored collagen
calories 500 • fat 26g • carbs 55g • sugar 33g

ACAI

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

SALADS & SANDWICHES 10 EACH

KALE CAESAR

local kale, crispy garbanzo, raw cashew dressing,
cashew "parmesan" cheese
calories 360 • fat 29g • carbs 18g • sugar 3g • (V) (GF) (DF)

ROASTED BEET SALAD

frisee, goat cheese crema, raspberries,
tangerine vinaigrette
calories 400 • fat-25g • carbs 44g • sugar 21g • (V) (GF)

BLT SALAD

romaine, smoked bacon, avocado, cherry tomatoes,
corn, goat cheese crumbles, herbal ranch dressing
calories 590 • fat 47g • carbs 31g • sugar 11g • (GF)

ORGANIC RAINBOW QUINOA

red lentils, raw walnuts, chia, kale, hummus, carrot,
dried figs, sherry vinegar-dijon vinaigrette
calories 540 • fat 48g • carbs 23g • sugar 12g • (V) (GF) (DF)

TUNA PANINI

sprouted organic bread, aged cheddar,
low-fat tuna salad
calories 710 • fat 38g • carbs 45g • sugar 0g

CHICKEN PANINI

sprouted organic bread, aged cheddar,
low-fat chicken salad
calories 740 • fat 44g • carbs 56g • sugar 0g

GRAB & GO SNACKS

ENERGY BAR 3

crispy chickpeas, pistachio butter, goji berries,
flaxseed, hemp, chia, cranberry, apricot
calories 190 • fat 6g • carbs 31g • sugar 17g • (V) (GF) (DF)

CHOCOLATE CHIA SEED PUDDING 3

chia seeds, cocoa, almond milk
calories 180 • fat 8g • carbs 27g • sugar 14g • (V) (GF) (DF)

CHOCOLATE CHIP COOKIE 3

raw rolled oats, almond flour,
55% cacao, coconut sugar
calories 100 • fat 7g • carbs 9g • sugar 3g • (V) (DF)

TROPICAL COOKIE 3

orange, coconut chips, almond flour, coconut sugar
calories 110 • fat 8g • carbs 8g • sugar 4g • (V) (GF) (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)

FRUIT CUP 5

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

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, blueberry, apple blueberry

STEEL OAT BISCOTTI 3

whole grain oats, fig, pumpkin seeds,
flaxseed, cranberry, almond flour
calories 190 • fat 6g • carbs 31g • sugar 14g • (V) (DF)

ASSORTED NUT MIXES 9 (V)

#1

dried apricot
pecans
cashews
walnuts,
pumpkin seeds
cranberries
raisins
calories 850 • fat 65g
carbs 58g • sugar 38g

#2

almonds
pecans
pumpkin seeds
dried cranberries
dried blueberries
chocolate cashews
calories 750 • fat 57g
carbs 52g • sugar 35g

#3

almonds
cashews
hazelnuts
cocoa-dusted coconut
calories 880g • fat 70g
carbs 46g • sugar 17g

#4

almonds
cashews
walnuts
dried pineapple
goji berries
shaved coconut
calories-660 fat-42g
carbs-63g sugar-43g