



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

CHOCO BANANA

cocoa, banana, peanut butter, chocolate protein powder, acai, cashew butter, cashew milk
calories 600 • fat 28g • carbs 39g • sugar 16g

RECOVERY

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

MIGHTY GREEN

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

ACAI

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

ENHANCERS

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

GLUTAMINE

amino acid, muscle development, post workout.

COLLAGEN

unflavored

CASHEW-HAZELNUT OAT BUTTER, ALMOND BUTTER, PEANUT BUTTER, CASHEW BUTTER

organic, raw, non-processed

(no additional cost)

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)

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)

FRUIT CUP 5

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

HARD BOILED EGG 3

cage free egg
calories 70 • fat 5g • carbs 0g • sugar 0g • (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, apple blueberry, double chocolate (GF)

STEEL OAT BISCOOTTI 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

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 9g
20oz • calories 150 • fat 2.5g • carbs 32g • sugar 6g