



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

FITNESS CAFÉ SMOOTHIES

20oz • 12

NUTTY BLUE

blueberries, banana, PB2,
chocolate protein, almond milk
calories 470 • fat 22g • carbs 41g • sugar 22g

VERY BERRY

raspberries, strawberries, blueberries, banana,
oat 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 59g • 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 / VG

12oz • 8 / 20oz • 11

HYDRATE

pineapple, coconut water, lemon, chia seeds
12oz • calories 87 • fat 0.8g • carbs 22.5g • sugar 14.6g • protein 1g
20oz • calories 109 • fat 1g • carbs 26g • sugar 19g • protein 1.5g

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

CUCUMBER DETOX

cucumber, celery, lemon, green apple
12oz • calories 78 • fat 1.6g • carbs 18g • sugar 8.5g • protein 1.5g
20oz • calories 97 • fat 2g • carbs 23g • sugar 11g • protein 2.6g

PERFECT GREEN

celery, cucumber, kale, lemon, ginger, apple
12oz • calories 90 • fat 1.5g • carbs 19g • sugar 6g
20oz • calories 150 • fat 2.5g • carbs 32g • sugar 9g

CHOCO BANANA

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

RECOVERY

banana, chia seeds, cocoa nibs, dates,
cashew butter, coconut milk, 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

SALADS & SANDWICHES 10 EACH

KALE SALAD (DG) (GF)

Tuscan kale, cabbage, apple, candied pecan,
apple cider vinaigrette
calories 490 • fat 27g • carbs 40g • sugar 20g

BEET SALAD (GF)

goat cheese crema, fuji apple, raspberry, pistachio,
ginger-apple vinaigrette
calories 370 • fat-22g • carbs 40g • sugar 20g

HOUSE SALAD (DF) (GF)

artisanal lettuces, quinoa, hearts of palm,
Marcona almond, tangerine vinaigrette
calories 310 • fat 34g • carbs 16g • sugar 12g

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

SMOKED SALMON PANINI

sprouted organic bread, smoked salmon, capers,
shallot, cream cheese
calories 320 • fat 28g • carbs 30g • sugar 0g

ADD GRILLED CHICKEN 11

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)

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 BISCOTTI 3

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

FRUIT CUP 5

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

EDAMAME 9

sea salt

PARFAIT 5

coconut yogurt, granola, strawberry, agave
calories 334 • fat 7g • carbs 64g • sugar 35g • Protein 3g
(VG) (GF) (DF)