



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

Vegan

20oz • 10

NUTTY BLUE

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

VERY BERRY

raspberries, strawberries, blueberries, banana,
cashew milk, creamy vanilla 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

ANTIOXIDANT

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

ENHANCERS

(no additional cost)

PLANT BASED VEGAN PROTEIN

chocolate, vanilla, strawberry, unflavored.

ISOPURE ZERO CARB WHEY PROTEIN

colombian coffee, espresso, alpine fruit punch, creamy vanilla,
caramel, chocolate peanut butter, banana cream, dutch chocolate,
strawberry vanilla, apple pie.

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,
raw cashew hazelnut, oatmilk
calories 480 • fat 27g • carbs 57g • sugar 39g

RECOVERY

banana, chia seeds, cocoa, raw hazelnut almond butter,
dates, coconut milk, collagen
calories 520 • fat 20g • carbs 66g • sugar 34g

GOIN' COCO

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

ACAI

acai, banana, strawberry, blueberry, almond milk,
chia seeds, caramel protein powder
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 • (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 • (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