

COFFEE + DECAF

12oz 3.50 16oz 4.00 20oz 4.50

HOT TEA

12oz 3.50 16oz 4.00 20oz 4.50

HOT DRINKS

Espresso 4.50

Decaf Espresso 4.50

Café Latte 4.50

Café Mocha 4.50

Cappuccino 4.50

Macchiato 4.50

Chai Latte 4.50

Hot Chocolate 4.50

ICED DRINKS 16oz

Nitro Brew 6.00

Coffee 4.50

Latte 4.50

Chai Latte 5.00

Matcha Latte 5.00

Iced Tea 4.50

FRAPPÉS 16oz

Coffee 6.00

Caramel 6.00

Mocha 6.00

Vanilla 6.00

ADD ESPRESSO

One Shot 2.00

BENTO BOXES 15.00

Protein Box

tuna salad, egg salad, grapes, hard-boiled egg

Greek Snack Box

turkey, mixed olives, tzatziki, pita bread

Hummus Mezze

roasted garlic hummus, carrot, celery, feta

GELATO

Cup or Cone

Small 6.00 Medium 8.00 Large 10.00 [Cup Only]



BREAKFAST

Seasonal Fruit Cup 10.00

Sunrise Snack 12.00

greek vanilla yogurt, oat + honey granola, berries

Double Egg + Cheese on Brioche 10.00

Taylor Ham OR Applewood Smoked Bacon,
Double Egg + Cheese on Brioche Roll 12.00

SALADS 15.00

Southwest Blackened Chicken

romaine, corn, scallion, feta, chipotle ranch dressing

Plant-Powered Gains Bowl

spinach, 5 grain blend, turmeric roasted cauliflower, almonds,
grapes, lemon vinaigrette dressing

Protein-Packed Kale + Turkey

soft boiled egg, chickpeas, tomato, creamy parmesan tahini dressing

SANDWICHES 15.00

Grilled Green Machine

grilled veggies, spinach, vegan sundried tomato pesto, hummus, ciabatta

Croissant au Buffalo

buffalo chicken breast, gruyere, lettuce, tomato, honey mayo

Gouda Gobbler

turkey, smoked gouda, tomato, arugula, sundried tomato pesto aioli, ciabatta

French Affair

black forest ham, brie, baby arugula, fig jam, ciabatta

Tuscan Inferno

capicola, genoa salami, pepperoni, provolone, lettuce, tomato,
banana pepper, sambal, oil, vinegar, semolina



LIGHT ACTIVITY 10.00 [20oz]

Pink Paradise

mango, banana, strawberry, dragon fruit, orange, vanilla whey protein

Banana Nut Blast Lite

almond milk, banana, pb lite, vanilla whey protein

Body Shredder

almond milk, banana, 5g creatine, 'fiber plus', vanilla OR chocolate whey protein

MEDIUM ACTIVITY 10.00 [20oz]

Berry, Berry Good

strawberry, blueberry, blackberry, raspberry, banana, vanilla whey protein

Mango Berry Burst

mango, pineapple, strawberry, banana, vanilla whey protein

I Love Veggies

choice of pineapple OR mango, coconut, spinach, kale, avocado, lemon, banana, vanilla whey protein

Tender Greens

almond milk, kale, spinach, banana, flax seed oil, vanilla, honey, vanilla whey protein

HIGH ACTIVITY 12.00 [20oz]

Trail Mix

almond milk, apple cinnamon granola, almond butter, raisins, banana, vanilla whey protein

Peanut Butter Cup

almond milk, organic chocolate, peanut butter, chocolate + vanilla whey protein

Mo' Mass

almond milk, banana, peanut butter, oats, creatine, vanilla OR chocolate daily mass builder

ADD-INS 2.00 [each]

Whey OR Plant Protein

1 scoop vanilla OR chocolate

Collagen Peptides

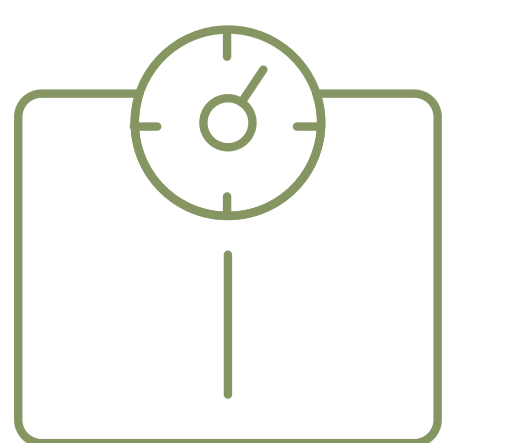
22g vanilla

Core Supplements

raw energy • daily multi • joint flex • fiber plus • get lean
immune defense • glutamine • creatine • organic super greens

SUB Whey for Plant Protein on any Shake

FUELED BY 



LOW SUGAR <20G