

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

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

SALADS 15.00

Southwest Blackened Chicken
romaine, corn, scallion, feta, chipotle ranch dressing

Plant-Powered Grains 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

SHAKES

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 swiig



LOW SUGAR <20G

COFFEE + 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

ADD ESPRESSO

One Shot 2.00

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

GELATO

Cup OR Cone

Small 6.00

Medium 8.00

Large 10.00 [Cup Only]

