

HOUSE KITCHEN MENU

DRINKS

SMOOTHIES

Nutty Chocolate \$11
Almond or Peanut Butter, Almond Milk, Cacao Powder, Banana, House Chocolate, Whey Protein. 359 cal

Blue Hour \$11
Almond Butter, Almond Milk, Blueberries, House Vanilla Whey Protein. 345 cal

Power \$11
Almond Butter, Almond Milk, Banana, Coffee, House Chocolate Whey Protein. 328 cal

Green Detox \$11
Spinach, Mango, Pineapple, Coconut Water, Coconut Milk, House Vanilla Whey Protein. 318 cal

HOUSE ID \$11
Pineapple, Avocado, Coconut Yogurt, Coconut Milk, Blue Majik, House Vanilla Whey Protein. 429 cal

PB & J \$11
Strawberry, Banana, Almond Milk, Peanut Butter, House Vanilla Whey Protein, Strawberry Coulis. 463 Cal

Berry Tart \$11
Strawberry, Raspberry, Banana, Pomegranate Juice, Coconut Milk, Lime Juice, Chia Seeds, House Vanilla Whey Protein. 387 Cal

House Special \$14
Rotating Monthly

FUEL

Espresso Iced or Hot \$3
Americano \$5
Cappuccino \$6
Iced or Hot Latte \$6
Iced Protein Coffee \$8
Iced Protein Matcha \$8
Matcha Latte \$7
Pre Workout Scoop \$3

CHOOSE YOUR MILK

Almond Milk
Oat Milk
Soy Milk
Coconut Milk
2% Milk

SMOOTHIE ADD-ONS

Collagen \$2
L-Glutamine \$2
Flax Seeds \$2
Adaptogenic Mushroom Blend \$2
Creatine \$3

SUBSTITUTION

Almond Butter
Peanut Butter
Powdered Peanut Butter
Vegan Vanilla Protein
Whey Chocolate Protein
Whey Vanilla Protein

FUEL ADD-ONS

Vanilla \$1
Sugar Free
Hazelnut \$1
Sugar Free
Caramel \$1
Sugar Free

*Our Kitchen Contain Nuts

FOOD

WRAPS

Chipotle Chicken \$15
382 Cal., 38g Protein

Vegetarian Breakfast \$13
381 Cal., 25g Protein

SNACKS

Blueberry Oat Protein Muffin \$6
240 Cal., 14g Protein

Zucchini Carrot Protein Muffin \$6
190 Cal., 14g Protein

Protein Banana Bread \$6
190 Cal., 9g Protein

Protein Brownie \$7
200 Cal., 8g Protein

BOWLS

Green Chicken \$19
476 Cal., 36g Protein

Vegan Curry \$19
508 Cal., 26g Protein

BONE BROTH

Liquid Gold Chicken \$8-23
Super Mushroom Vegan \$8-23
Grass Fed Beef Bone \$8-23



KITCHEN