



## 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, Coconut Water, Coconut Milk, Mango, Pineapple, House Vanilla Whey Protein. 318 cal

**House iD** \$11

Pineapple, Avocado, Coconut Yogurt, Coconut Milk, Blue Majik, House Vanilla Whey Protein. 429 cal

**Peach Season** \$11

Peach, Mango, Dragon Fruit Blend, Coconut Yogurt, Coconut Milk, House Vanilla Whey Protein. 403 cal

**Just Protein** \$8

House Protein, Milk of Choice, Ice. 165 cal (Choose Vanilla Whey, Chocolate Whey, or Vegan Protein)

**+ House Special**

Rotating monthly

## CHOOSE YOUR MILK

**Almond Milk**

**Oat Milk**

**Soy Milk**

## SMOOTHIE ADD-ONS \$1.50

**Collagen**

**L-Glutamine**

**Flax Seeds**

**Adaptogenic Mushroom Blend**

## SUBSTITUTIONS

**Peanut Butter**

**House Vegan Vanilla Protein**

**Powder Peanut Butter**

## WRAPS

**Ham & Egg Frittata** \$12

**Spinach & Egg White** \$12

**Truffle Roast Beef** \$15

**Chicken Caesar** \$14

**Chicken Santa Fe** \$14

**Avocado Santa Fe** \$12

## SALADS

**Red Beet & Chicken** \$16

**Albacore Tuna & Farro** \$17

**Quinoa & Antipasto** \$16

## SNACKS

**Protein Banana Bread** \$5

**Chocolate Chia Pudding** \$7

**Apple Overnight Oats** \$7

**Chicken Bites** \$12

## FUEL

**Espresso** \$3.00

**Iced or Hot Americano** \$4.50

**Cappuccino** \$5.50

**Iced or Hot Latte** \$5.50

## FUEL ADD-ONS \$1.00

**Vanilla** (Sugar Free)

**Hazelnut** (Sugar Free)

**Caramel** (Sugar Free)

\*Our Kitchen Contains Nuts