

Yogurt Smoothies

all smoothies and juices are
(Gluten Free)

\$5.50

DEEP BLUE

Banana, Blueberry, Orange Juice

PEANUT PUNCH

Peanut Butter, Banana

WELLNESS WARRIOR

Banana, Blueberries, Honey,
Whole Grain Oats, Coconut Water,
Chia Seeds

BERRY BANG

Strawberries, Blueberries,
Tropical Juice

STRAWBERRY TWIST

Strawberries, Banana, Honey

MUCHO MATCHA

Matcha Powder, Mango,
Chia Seeds, Coconut Water

MORNING BREAK

Banana, Whole Grain Oats, Honey

TROPICAL TYPHOON

Banana, Mango, Pineapple,
Coconut Water

PEANUT BUTTER AND JELLY

Strawberries, Peanut Butter

PINEAPPLE PARADISE

Pineapple Juice, Mango,
Peaches, Strawberries, Honey

Made With

VANILLA YOGURT
and a choice of
LOW FAT, ALMOND
or SOY MILK

Power Ups

\$1

+ BCAA Powder

+ Unflavored Whey Protein

+ Chocolate Whey Protein

+ Vanilla Whey Protein

Build Your Own Smoothie

(all smoothies and juices are *Gluten Free*)

\$5

Add Ins

75¢

- + Peanut Butter
- + Chia Seeds
- + Whole Grain Oats
- + Fruit
- + Honey
- + Kale
- + Spinach

FRUIT + PROTEIN

Choice of one fruit + one protein

DOUBLE FRUIT

Choice of two fruits

FRUIT SELECTIONS

- Banana
- Blueberries
- Strawberries
- Pineapple
- Peaches
- Mango

Made With

VANILLA YOGURT
and a choice of
LOW FAT, ALMOND
or **SOY MILK**

Grab and Go

BREAKFAST

- Egg and Cheese Croissant \$3.00
- Sausage, Egg, and Cheese Biscuit \$3.25
- Bacon, Egg, and Cheese Bagel \$3.50
- Steak and Cheese Burrito \$5.75
- Southwest Burrito \$5.75



LUNCH

- Fit Meal - Chicken \$8.00
- Fit Meal - Salmon \$8.00
- Chicken Caesar Salad \$6.25

PASTRIES

- Muffin \$2.50
- Gourmet Cookies \$2.25

Boost Juice

\$4.75

FRESHLY SQUEEZED JUICE

- Orange
- Carrot
- Pineapple

Whole Fresh Fruit \$1

Bottled Water \$1

Coffee of the Day \$2