



WELLNESS SHOTS

VG

2oz

GINGER LEMON 7

ginger & lemon

calories 25 • fat 0.2g • carbs 6g • sugar 1g

DETOX SHOT 7

lemon, acv, turmeric, cayenne, honey
calories 52 • fat 0.2g • carbs 14g • sugar 9g

GRAB & GO SNACKS

ENERGY BAR 3

crispy chickpeas, pistachio butter, goji berries,
flaxseed, hemp, chia, cranberry, apricot

calories 190 • fat 6g • carbs 31g • sugar 17g • (V) (GF) (DF)

SUNFLOWER BUTTER PROTEIN BITES 5

sunflower butter, pepitas, rolled oats,
apricot, date, hemp seeds

calories 100 • fat 6g • carbs 10g • sugar 6g (V) (DF)

PEANUT BUTTER PROTEIN BITE 3

peanut butter, chocolate chips, rolled oats,
coconut, vanilla, chia seeds

calories 90 • fat 4.5g • carbs 12g • sugar 6g • protein 2g (V) (DF)

HARD BOILED EGG 3

cage free egg

calories 70 • fat 5g • carbs 0g • sugar 0g • (V) (GF) (DF)

JUICES

GF / VG

12oz • 8 / 20oz • 1l

HYDRATE

pineapple, coconut water, lemon, chia seeds
12oz • calories 87 • fat 0.8g • carbs 22.5g • sugar 14.6g • protein 1g
20oz • calories 109 • fat 1g • carbs 26g • sugar 19g • protein 1.5g

ANTIOXIDANT

carrot, beets, ginger, turmeric, pineapple
12oz • calories 200 • fat 0g • carbs 60g • sugar 32g
20oz • calories 250 • fat 1.5g • carbs 56g • sugar 33g

CUCUMBER DETOX

cucumber, celery, lemon, green apple
12oz • calories 78 • fat 1.6g • carbs 18g • sugar 8.5g • protein 1.5g
20oz • calories 97 • fat 2g • carbs 23g • sugar 11g • protein 2.6g

PERFECT GREEN

celery, cucumber, kale, lemon, ginger, apple
12oz • calories 90 • fat 1.5g • carbs 19g • sugar 6g
20oz • calories 150 • fat 2.5g • carbs 32g • sugar 9g

ALMOND PROTEIN ENERGY BITE 3

almond butter, rolled oats, flaxseeds,
chia seeds, vanilla, honey
calories 120 • fat 7g • carbs 12g • sugar 3g • protein 4g (V) (DF)

MINI MUFFINS 1

cherry walnut flaxseed, apple blueberry, double
chocolate (GF)

STEEL OAT BISCOTTI 3

whole grain oats, fig, pumpkin seeds,
flaxseed, cranberry, almond flour
calories 190 • fat 6g • carbs 31g • sugar 14g • (V) (DF)

FRUIT CUP 5

seasonal cut fresh fruit
(V) (GF) (DF)

FITNESS CAFÉ SMOOTHIES

20oz • 12

NUTTY BLUE

blueberries, banana, PB2,
chocolate protein, almond milk
calories 470 • fat 22g • carbs 41g • sugar 22g

VERY BERRY

raspberries, strawberries, blueberries, banana,
oat milk, strawberry protein
calories 340 • fat 9g • carbs 40g • sugar 21g

STRAWBERRY BANANA

strawberries, banana, vanilla greek yogurt,
honey, skim milk, vanilla protein
calories 340 • fat 1g • carbs 50g • sugar 40g

CAPTAIN PETE'S BLUEBERRY BLEND

blueberries, almond butter, kale,
banana, almond milk
calories 510 • fat 31g • carbs 56g • sugar 33g

CHOCO BANANA

cocoa, banana, peanut butter, chocolate protein powder,
oat milk, cashew milk
calories 600 • fat 28g • carbs 39g • sugar 16g

RECOVERY

banana, chia seeds, cocoa nibs, dates,
cashew butter, coconut milk, unflavored collagen
calories 520 • fat 20g • carbs 66g • sugar 34g

MIGHTY GREEN

kale, spinach, celery, banana, avocado, cashew butter,
pineapple, coconut water
calories 425 • fat 45g • carbs 39g • sugar 16g

ACAI

acai, banana, strawberry, blueberry, almond milk,
chia seeds, banana protein
calories 340 • fat 12g • carbs 30g • sugar 12g

ENHANCERS

(no additional cost)

PLANT BASED VEGAN PROTEIN

chocolate, vanilla, salted caramel, unflavored.

ISOPURE ZERO/LOW CARB WHEY PROTEIN

creamy vanilla, dutch chocolate, banana cream, espresso,
vanilla salted caramel, cookies and cream, alpine punch,
unflavored, strawberry

CREATINE

post workout recovery

GLUTAMINE

amino acid, muscle development, post workout.

COLLAGEN

unflavored

CASHEW-HAZELNUT OAT BUTTER, ALMOND BUTTER, PEANUT BUTTER, CASHEW BUTTER, COCONUT BUTTER, PB2

organic, raw, non-processed

