



CRAFTED SMOOTHIES

TAILORED SMOOTHIES FOR YOUR FITNESS GOALS

ENERGIZE

Tropical Recovery \$16.00

Coconut Milk, Greek Yogurt, Mango, Pineapple, Lion's Mane Mushroom

358 Cals | 29g Protein

Blueberry Oat \$14.00

Oat Milk, Blueberry, Banana, Acai, Oats, Dates, Chia Seeds

546 Cals | 30g Protein

Berry Blast \$14.00

Almond Milk, Blueberry, Raspberry, Strawberry, Banana, Chia Seeds, Almond Butter

493 Cals | 30g Protein

HIGH PROTEIN

Chocolate Banana \$14.00

2% Milk, Froyo, Banana, Cacao Nibs, Cinnamon, Chocolate Protein

531 Cals | 41g Protein

Mint Chip \$14.00

Oat Milk, Froyo, Avocado, Spinach, Cacao Nibs, Peppermint

651 Cals | 38g Protein

Strawberries & Cream \$16.00

Coconut Milk, Froyo, Strawberry, Chia Seeds, Collagen, Beet Powder, Vanilla Protein

554 Cals | 34g Protein

RESTORE

Health, Heart, Hydrate \$16.00

Coconut Water, Fresh Aloe Juice, Rhubarb, Strawberry, Mint, Beet Powder, MCT Oil

481 Cals | 24g Protein

Zen-Energy \$16.00

Banana, Hemp, Ashwagandha, Dates, Almonds, Cinnamon, Matcha, Cacao Nibs

550 Cals | 34g Protein

Reset Refresh \$14.00

Coconut Water, Kale, Spinach, Avocado, Zucchini, Ginger, Green Apple, Lemon, Moringa

259 Cals | 31g Protein

BYO SMOOTHIE \$14.00

BASE (SELECT 1)

| | |
|---------------|--------------|
| Water | Oat Milk |
| Froyo | Almond Milk |
| 2% Milk | Coconut Milk |
| Coconut Water | |

FRUIT (SELECT 3)

| | |
|------------|-----------|
| Strawberry | Mango |
| Blueberry | Pineapple |
| Raspberry | Banana |
| Rhubarb | Spinach |
| Kale | Zucchini |

+ ADD-ONS

PROTEIN \$2.00

| | |
|----------------|-----------------|
| Vanilla Whey | Vegan Vanilla |
| Chocolate Whey | Marine Collagen |

| | | | |
|-------------|--------|---------------|--------|
| Dates | \$0.50 | Beet Powder | \$0.75 |
| Ashwagandha | \$0.50 | Hemp Hearts | \$1.50 |
| Cacao Nibs | \$2.00 | Oats | \$0.25 |
| Matcha | \$0.75 | Açai | \$0.75 |
| Moringa | \$0.50 | Peanut Butter | \$2.00 |
| Cinnamon | \$0.25 | Almond Butter | \$2.00 |
| Turmeric | \$0.25 | Chia Seeds | \$2.00 |
| MCT Oil | \$1.50 | Lions Mane | \$1.00 |

PROTEIN INCLUDED IN ALL SMOOTHIES



GRAB & GO



BOWLS

| | |
|--------------------|---------|
| Cobb Salad | \$13.95 |
| Steak Tex Mex Bowl | \$17.00 |
| Mediterranean Bowl | \$17.00 |

HANDHELDS

| | |
|---------------------|---------|
| Avocado BLT | \$11.95 |
| Egg Sandwich | \$7.95 |
| Caprese Sandwich | \$12.95 |
| Chipotle Steak Wrap | \$16.00 |
| Chicken Caesar Wrap | \$14.00 |

PROTEIN PACKS

| | |
|-----------------------|--------|
| Togarashi Tofu | \$7.50 |
| Jalapeno Lime Chicken | \$7.95 |
| Steak Bites | \$9.00 |

SNACKS

| | |
|-----------------------------|--------|
| Fruit Bento Box | \$9.50 |
| Crudité | \$7.50 |
| Oliver's Carrot Cake | \$8.00 |
| Flourless Chocolate Cake | \$9.00 |

REHEAT MEALS

| | |
|------------------------------|---------|
| Beef Bulgogi | \$17.00 |
| Honey Mustard Chicken | \$15.00 |
| Curried Cauliflower Steak | \$15.00 |

ALTEA BITES

| | |
|-------------|--------|
| Immunity | \$5.95 |
| Antioxidant | \$5.95 |
| Energize | \$5.95 |