



CRAFTED SMOOTHIES

TAILORED SMOOTHIES FOR YOUR FITNESS GOALS

ENERGIZE

Tropical Recovery \$10.00

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

358 Cals | 29g Protein

Blueberry Oat \$10.00

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

546 Cals | 30g Protein

Berry Blast \$10.00

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

493 Cals | 30g Protein

HIGH PROTEIN

Chocolate Banana \$10.00

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

531 Cals | 41g Protein

Mint Chip \$10.00

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

651 Cals | 38g Protein

Strawberries & Cream \$10.00

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

554 Cals | 34g Protein

RESTORE

Health, Heart, Hydrate \$10.00

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

481 Cals | 24g Protein

Zen-Energy \$10.00

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

550 Cals | 34g Protein

Reset Refresh \$10.00

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

259 Cals | 31g Protein

PROTEIN INCLUDED IN ALL SMOOTHIES

BYO SMOOTHIE

\$10.00

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

CREATINE \$1.50

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



LIQUIDIV. BOOSTER \$4.00



GRAB & GO

WRAPS

Caesar	\$14.99
Steak	\$15.99
Hummus	\$14.99
Chimmichurri Vegan Mushroom	\$13.99

SANDWICHES

Chicken BLT	\$13.99
Hero	\$13.99

SALADS & BOWLS

Garden Flank Salad	\$15.99
Southwest Chopped Chicken Salad	\$15.99
Pesto Chicken Salad	\$15.99

RE-HEATABLE MEALS

Salmon Dinner	\$17.99
Tuscan Chicken	\$17.99
Chicken Stir Fry	\$17.99
Ginger Beef Noodles	\$17.99

PROTEIN PACKS

Egg Salad	\$6.99
Tuna Salad	\$6.99
Hard Boiled Eggs	\$5.99
Chicken	\$7.99
Steak	\$8.99

DRINKS

Cwench	\$3.99
Celsius	\$5.99
Exponent	\$5.99
Liquid IV	\$3.99
Coconut Water	\$5.99