

Health Bar



Premium Smoothies \$9

Peanut Butter Protein Smoothie

Almond milk, banana, peanut butter, protein

Kale-icious

Fresh kale and spinach mixed with organic apple juice, lemon and delicious, frozen bananas.

Berry Blast

Mixed berry, banana, yogurt, honey.

Strawberry & Green Smoothie

Water, spinach, low fat milk, strawberries, bananas.

Papaya Oatmeal Smoothie

Skim milk, papaya, granola, cinnamon, peanut butter and vanilla whey.

Bowls

Açaí Bowl \$8

Smooth and fresh açaí mix topped with fresh bananas, granola, and coconut oil.



Make Your Own Smoothie \$7

Fruits

Mango	Strawberry
Pineapple	Papaya
Banana	Blueberries
Apple	Extra Fruit 75 ¢

Base

Coconut Water	Water
Almond Milk	Cranberry Juice
Skim Milk	
Passionfruit Juice	
Apple Juice	

Toppings 75 ¢

Peanut Butter	Nutella
Granola	Coconut Flakes
Chia Seeds	Spinach
Almonds	Kale
Almond Butter	Flax Seeds

Protein \$2

Vanilla Whey

27g protein, 3g carbs, 1.5g fat, 130 calories, low fat, gluten free. Good for pre- or post-workout.

Chocolate Whey

27g protein, 3g carbs, 1.5g fat, 130 calories, low fat, gluten free. Good for pre- or post-workout.

Vanilla Vegan

20g protein, 2 servings of green, 110 calories, gluten free, no sugar added, non-gmo.

Kid's Menu (12 oz) \$5.50

Mango Pineapple Smoothie

Mango, pineapple, banana and passionfruit juice.

Nutella Smoothie

Low fat milk, chocolate whey and Nutella.

Strawberry Banana Smoothie

Low fat milk, banana, and strawberries.