

FRESH SMOOTHIES— \$7

The Hulk

"Detox"

Green Apple, Spinach, Celery

Berry Delicious

"Energize"

Strawberries, Blueberries,
Blackberries

Health Nut

"Muscle Up"

Banana, Peanut Butter

Tropical Breeze

"Chill"

Orange, Banana, Pineapple

Made with skim milk—

Almond milk, soy milk, Greek yogurt or coconut water
may be substituted for \$.50

Sweetener can be added upon request—

Savannah Bee Honey Agave Nectar Raw Sugar Splenda
Equal Sweet and Low

CREATE YOU OWN!

\$8 for 4 Choices \$.50 for each addition

Strawberries	Blackberries	Oranges		
Blueberries	Banana	Apples		
Peaches	Pineapple	Lime Juice		
<hr/>				
Spinach	Celery	Carrots		
<hr/>				
Skim Milk	Almond Milk	Soy Milk	Coconut Water	Greek Yogurt
<hr/>				
Oatmeal	Granola	Peanut Butter	Chocolate	

Add an Extra Boost to any Smoothie— \$2 or 2/\$3

Almonds	Wheatgrass	Ground Flaxseed
Chia Seeds	Protein Powder	Hempseed

TREATS

Salad \$10

Sandwiches \$5

Mixed Berry Parfait \$7

Oatmeal Cup \$5

Power Bowl \$5

House-Made Granola Bar \$5

Sports Drink \$4

Water \$4

Beer \$5

Juice \$4

Protein Shake \$5.50

Espresso \$5

Latte \$7

Cappuccino \$7

Mocha \$7

*A 6% sales tax added
to all Fitness Food and Beverage.*