

## FRESH SMOOTHIES— \$8

### **The Hulk**

*“Detox”*

Green Apple, Spinach, Celery

### **Health Nut**

*“Muscle Up”*

Banana, Peanut Butter

### **Berry Delicious**

*“Energize”*

Strawberries, Blueberries,  
Blackberries

### **Tropical Breeze**

*“Chill”*

Mango, Banana, Pineapple

### **Made with skim milk—**

Almond milk, soy milk, Greek yogurt or coconut water  
may be substituted for \$.70

### **Sweetener can be added upon request—**

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

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## CREATE YOUR OWN!

**\$9 for 4 Choices    \$.70 for each addition**

Strawberries  
Blueberries  
Peaches

Blackberries  
Banana  
Pineapple

Mango  
Apples  
Lime Juice

Spinach

Celery

Carrots

Skim  
Milk

Almond  
Milk

Soy  
Milk

Coconut  
Water

Greek  
Yogurt

Oatmeal

Granola

Peanut Butter

Chocolate

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## VITALITY BAR

**Pair with any Smoothie— \$2 or 2/\$3**

Almonds    Chia Seeds    Hempseed    Pea Protein    Ground Flaxseed  
Almond Butter    Whey Protein Powder

### **Herbal Tinctures— \$5 each**

Tumeric Muscle & Joint Tincture  
Oats Stress Relief Tincture

Burdock Radiant Skin Tincture  
Milk Thistle Cleansing Tincture

## BITES

**Salad \$10**

**Soups \$5**

**Sandwiches \$10**

**Mixed Berry Parfait \$7**

**Composed Salad \$7**

**Power Bowl \$7**

**House-Made Granola Bar \$5**

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## BEVERAGES

**Sports Drink \$5**

**Water \$4**

**Energy Drink \$5**

**Kombucha \$5**

**Protein Shake \$5.50**

**Detox Water \$5**

**Matcha Tea \$5**

**Cold Brew Coffee \$5**

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*A 7% sales tax added  
to all Fitness Food and Beverage.*