

BITES

House-Made Granola Bar \$5

BEVERAGES

Sports Drink \$5

Water \$4

Sparkling Water \$5

Detox Water \$5

Energy Drink \$5

Protein Shake \$5.50

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

FRESH SMOOTHIES— \$8

Berry Delicious
Strawberries, Blueberries

Health Nut
Banana, Peanut Butter

The Hulk
Green Apple, Spinach, Celery

Sunsation
Strawberries, Bananas

Made with low-fat milk—

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

Sweetener can be added upon request—

Honey Agave Nectar Raw Sugar Splenda
Sweet and Low

CREATE YOUR OWN!

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

Strawberries
Blueberries
Peaches

Banana
Pineapple

Seasonal Fruit
Apples
Lime Juice

Spinach Celery

Low Fat
Milk

Almond
Milk

Soy
Milk

Coconut
Water

Greek
Yogurt

Oats

Granola

Peanut Butter

Chocolate

VITALITY BAR

Pair with any Smoothie— \$2 or 2/\$3

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

Herbal Tinctures— \$5 each

Turmeric Muscle & Joint Tincture
Oats Stress Relief Tincture

Burdock Radiant Skin Tincture
Milk Thistle Cleansing Tincture