

Smoothies — \$5.99

MEAL EXCHANGE
smoothie + up to 2 additions

- 1 CHOOSE 2
- Strawberry | 40 Cal
 - Banana | 100 Cal
 - Blueberry | 40 Cal
 - Pineapple | 60 Cal
 - Mango | 50 Cal
 - Kale | 5 Cal
 - Spinach | 5 Cal

- 2 CHOOSE 1
- Blue Agave | 120 Cal
 - Chocolate Syrup | 90 Cal
 - Peanut Butter | 190 Cal
 - Honey | 120 Cal
 - Sunbutter | 180 Cal

- 3 CHOOSE 1
- Apple Juice | 120 Cal
 - Orange Juice | 110 Cal
 - 2% Milk | 120 Cal
 - Oat Milk | 140 Cal
 - Nonfat Plain Greek Yogurt | 60 Cal

ADDITIONS

- Ground Flax — +\$2.29 | 60 Cal

Matcha Powder — +\$2.29 | 5 Cal

Collagen Powder — +\$2.29 | 40 Cal
- Chocolate Whey Protein Powder — +\$2.29 | 130 Cal

Vanilla Whey Protein Powder — +\$2.29 | 120 Cal

Vegan Protein Powder — +\$2.49 | 130 Cal

*24g
OF PROTEIN
PER SERVING

Breakfast Sandwiches

- Turkey Sausage Bagel — \$4.89 | 510 Cal
egg, turkey sausage and cheese
- Egg Muffin— \$3.79 | 310 Cal
egg and cheese served on an english muffin

ToastD — \$4.99

- 1 CHOOSE BREAD

 - Sprouted Bread | 140 Cal
 - Multigrain Bread | 160 Cal
 - Sourdough | 280 Cal
- 2 CHOOSE 2 TOPPINGS

 - Avocado Spread | 75 Cal
 - Hummus | 90 Cal
 - Peanut Butter | 190 Cal
 - Grape Jelly | 100 Cal
 - Sunbutter | 180 Cal
- Strawberry Jelly | 100 Cal
 - Sliced Banana | 100 Cal
 - Chopped Eggs | 120 Cal
 - Crumbled Feta Cheese | 90 Cal
 - Pico de Gallo | 5 Cal

SMOOTHIE & TOASTD COMBO — \$9.99

Acai Smoothie Bowl — \$7.99
additional fruit or toppings +\$0.99

- 1 CHOOSE 2 FRUITS

 - Sliced Banana | 50 Cal
 - Sliced Strawberries | 20 Cal
 - Blueberries | 20 Cal
 - Diced Pineapple | 25 Cal
 - Diced Mango | 30 Cal
- 2 CHOOSE 2 CRUNCHY TOPPERS

 - Toasted Pumpkin Seeds | 160 Cal
 - Sunflower Seeds | 100 Cal
 - Chia Seeds | 90 Cal
 - Shredded Coconut | 80 Cal

EXTRAS

additional fruit or toppings +\$0.99

- Over Night Oats — \$4.99 | 270 Cal
- Chia Pudding — \$4.99 | 100 Cal

