

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 | 60 Cal  
- Sunbutter | 180 Cal  

3 CHOOSE 1

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

ADDITIONS

- Ground Flax — +\$2.29 | 60 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

- Sourdough Bread | 160 Cal 
- Whole Wheat Bread | 160 Cal 
- Udi's Multigrain Bread | 150 Cal  
- Plain Bagel | 290 Cal 

2 CHOOSE 2 TOPPINGS

- Avocado Spread | 75 Cal  
- Hummus | 90 Cal  
- Sririacha | 5 Cal  
- Peanut Butter | 190 Cal  
- Sunbutter | 180 Cal  
- Strawberry Jelly | 100 Cal  
- Grape Jelly | 100 Cal  
- Sliced Banana | 100 Cal  
- Sliced Strawberries | 10 Cal  

SMOOTHIE & TOASTD COMBO — \$9.99

Build Your Açai, Oat, or Yogurt Bowl — \$7.99

"comes with 2 fruits, 2 toppings, additional items +\$0.99"

1 CHOOSE 1 BASE

- Plain Greek Yogurt | 130 Cal  
- Açai | 260 Cal  
- Overnight Oats | 380 cal  

2 CHOOSE 2 FRUITS

- Sliced Banana | 50 Cal  
- Sliced Strawberries | 20 Cal  
- Blueberries | 20 Cal  
- Diced Pineapple | 25 Cal  
- Diced Mango | 30 Cal  

3 CHOOSE 2 TOPPERS

- Toasted Pumpkin Seeds | 160 Cal  
- Sunflower Seeds | 100 Cal  
- Chia Seeds | 90 Cal  
- Shredded Coconut | 80 Cal  
- Honey | 60 Cal  
- Agave | 60 Cal  



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