

## HEALTHY SNACKS

### COUSCOUS

Couscous with a mix of vegetables, fresh herbs, worcestershire sauce, balsamic vinegar, garlic, salt & pepper

### QUINOA

Quinoa salad, contains cranberries, almonds, fresh herbs, pomegranate juice, red wine vinegar, assorted fruits & vegetables

### CHICKEN SALAD

Citrus-marinade chicken with red onion, celery, toasted almonds, basil, grapes, apple, basil, pineapple juice

### TURKEY MEATBALLS

Ground turkey, egg whites, brown rice, garlic, carrots, onion, kosher salt & black pepper, and extra virgin olive oil

## WRAPS

### CHOP CHOP WRAP

Butter lettuce with grilled chicken, basil pesto vinegarette, tomatoes, fresh herbs, white onion, garbanza beans, and mozzarella pearls

### BBQ CHICKEN WRAP

Romaine lettuce, grilled chicken, tossed in homemade bbq sauce, celery, carrot, turkey bacon

### LEMONGRASS WRAP

Baby mixed greens with citrus-marinated chicken, toasted coconut, chili, basil, grilled pineapple, jicama, mango, and agave-toasted cashews

### TUNA SALAD WRAP

Baby mixed greens with golden-beets, cucumber, tomatoes, fresh garbanzo beans and herb-crusted goat cheese, white albacore tuna, red onion, celery, carrots, extra virgin olive oil, salt & pepper

### CHICKEN SALAD WRAP

Romaine hearts with egg whites, grana padana pecorino romano, grilled chicken, garlic parmesan croutons

### BREAKFAST BURRITO

Egg whites, grilled chicken, tomatoes, yellow corn, black beans, red onion, cilantro, spices, red jalapeno peppers, jalapeno jack cheese

### PROTEIN WRAP

Egg whites, turkey, grilled chicken, turkey bacon, spinach, and caramelized onions

### FARM FRESH WRAP

scarborough farms baby mixed greens, beets, cucumber, tomatoes, garbanzos, and herb crusted goat cheese with jon's citrus basil

## SMOOTHIES

### BODYFUEL

Pineapple, banana — Our Signature Smoothie

### APPLE PIE CRUMBLE

Fuji Apple, Cinnamon, Lo-Carb Graham Cracker

### BITTY BERRY

Blueberry, Raspberry, Strawberry

### BLACK & BLUE

Blackberry, Blueberry, Coconut, Orange

### BLIND DATE

Dates, Apple, Banana, Soy Milk

### BLUEBERRY COBLER

Blueberry, Graham Cracker, Cinnamon

### HAWAIIAN

Pineapple, Coconut, Strawberry

### INDIGO

Blueberry, Strawberry, Banana

### MOCHA NUT BLAST

Espresso, Peanut Butter, Lo-Carb Chocolate, Banana

### ORANGE CREAM

Orange & Pineapple

### PB & C

Peanut Butter, Lo-Carb Chocolate, Banana

### PB & V

Peanut Butter, Vanilla, Banana

### PB & J

Peanut Butter, Blueberry, Banana

### PEACH PASSION

Peach, Coconut, Banana

### PUMPKIN PECAN

Pumpkin, Graham Cracker, Banana

### SOB

Strawberry, Orange, Banana

### STRAWBERRY SHORTCAKE

Strawberry, Graham Cracker

### TROPICAL TRIP

Banana, Coconut, Guava, Passion Fruit

Additions: E3 Live Shot, Espresso, Creatine, Glutamine, Cell-mass, Fiber, "Power", Vegan No-Xplode

\*All of our smoothies contain at least 35 grams of protein, with no added sugar

## ESPRESSO

### ESPRESSO

Single or double shot

### LATTE

Espresso with steamed milk, topped with foam

### CAPPUCCINO

Espresso topped with steamed milk

### MACCHIATO

Espresso mixed with a small amount of milk

### CHAI LATTE

Spicy or vanilla — Chai tea with steamed milk

### JAVA BLAST

Frozen espresso treat — Mocha, vanilla, or add a flavor

Sugar-Free Flavors: Almond Roca, Caramel, Coconut, English Toffee, Hazelnut, Irish Cream, Mint, Mocha, Raspberry, Vanilla, White Chocolate and Chai

## ART OF TEA

AMORE

KAUAI COCKTAIL

BLOOMING BLISS

KINGS TEA

CHAMOMILE

PLUM OOLONG

EARL GREY

VELVET VANILLA

EISAI SENSHA

BERRY TRUFFLE

FRENCH LEMON GINGER

WHITE MONKEY

JASMINE PEARLS

## VEGAN COOKIES

CHOCOLATE CHIP

ESPRESSO CHOCOLATE CHIP

PEANUT BUTTER

PEANUT BUTTER CHOCOLATE CHIP

OATMEAL

DOUBLE CHOCOLATE

MAC CHIP

LEMON POPPYSEED

