



ESPRESSO, COFFEE & MORE	GRANDE	HOT OR ICED
Caffè Latte	\$4.45	130 cal.
Cappuccino	\$4.45	140 cal.
Caramel Macchiato	\$5.25	170 cal.
Salted Caramel Mocha	\$4.95	470 cal.
Cinnamon Dolce Latte	\$5.45	340 cal.
White Chocolate Mocha	\$5.45	480 cal.
Vanilla Sweet Cream Cold Brew	\$4.75	110 cal.
Iced Brown Sugar Oatmilk Shaken Espresso	\$5.75	120 cal.
Fresh Brewed Coffee Regular or Decaf	\$2.95	5 cal.
Hot Chocolate	\$3.75	380 cal.



Add Espresso Shot	\$1	5 cal.
Add Flavor	\$.80	25 cal.
Add Nondairy	\$.70	
Coconutmilk Almondmilk Soymilk Oatmilk	20 cal. 15 cal. 30 cal. 35 cal.	

Try your beverage with Starbucks® Blonde Espresso.

TEAVANA® HANDCRAFTED TEA	GRANDE	
Shaken Iced Tea Iced Black Tea, Iced Passion Tango® Tea, Iced Green Tea	\$4.45 0 cal.	
Add Lemonade	\$.50 50 cal.	
Chai Tea Latte	\$4.95 240 cal.	
Matcha Green Tea Latte	\$4.95 200 cal.	
London Fog Latte	\$4.95 180 cal.	
Teavana® Honey Citrus Mint	\$3.75 130 cal.	
STARBUCKS REFRESHERS® Iced Beverage (contains caffeine)		
Strawberry Acai	\$4.45 100 cal.	
Mango Dragonfruit	\$4.45 90 cal.	
FRAPPUCCINO® Blended Beverage		
Coffee Espresso, White Mocha, Caramel, Java Chip	\$5.45 200-440 cal.	
Crème	\$5.45 250-340 cal.	



Matcha, Vanilla Bean, Chai, Strawberry

BREAKFAST

Muffins Blueberry, Chocolate Chip, or Banana Nut	\$2.99	
Breakfast Tacos Egg, Cheese, Choice of Bacon, or Potato	\$3.49	
Spinach Breakfast Wrap Egg Whites, Spinach, Feta Cheese, Whole Wheat Tortilla	\$8.59	
Fresh Baked Bagels Cream Cheese, Butter, Peanut Butter, or Jelly	\$2.50	
SANDWICHES		
Turkey Club Hickory Smoked Turkey Breast, Turkey Bacon, Bibb Lettuce, Roma Tomatoes, Cheddar Cheese, Garlic Aioli, Sourdough Bread	\$9.89	
Tuscan Chicken on Ciabatta Grilled Chicken Breast, Roma Tomatoes, Provolone Cheese, Pesto Sauce, Ciabatta Bread	\$9.49	
Mozzarella & Tomato Sandwich Fresh Mozzarella, Roma Tomato, Pesto Sauce, Focaccia Bread	\$8.99	
Southwest Wrap Grilled Chicken, Romaine Lettuce, Cotija Cheese, Black Beans, Roasted Corn, Pumpkin Seeds, Whole Wheat Tortilla, Low-Fat Southwest Caesar Dressing	\$9.79	
Avocado Spring Roll Rice Paper, Crisp Lettuce, Cilantro, Avocado, Carrots, Cucumber, Sesame Oil	\$6.99	
SIDES		
Seared Salmon	\$12	
Chicken Breast	\$7	
Grilled Tofu	\$6	





SALADS

Chicken Salad Grilled Chicken, Greek Yogurt, Low-Fat Mayo, Dried Cranberries, Tarragon, Pecans	\$9.49	
Southwest Caesar Salad Romaine Lettuce, Roasted Corn, Black Beans, Pumpkin Seeds, Cotija Cheese, Tortilla Strips, Low-Fat Southwest Caesar Dressing	\$9.49	
Pesto Pasta Salad Orecchiette Pasta, Homemade Pistachio Pesto, Oven Roasted Tomatoes, Mozzarella Cheese	\$8.49	
Refuel Cobb Spinach, Arugula, Turkey, Avocado, Tomato Confit, Smoked Hard Boiled Egg, Grilled Scallion Onion, Cucumbers, Gorgonzola Cheese, Citrus Vinaigrette	\$9.79	
BOWLS		
Kale & Quinoa Sweet Potato, Pecans, Figs, Mushrooms, Cinnamon Ginger Vinaigrette	\$9.29	
The Kitchen Bowl Rosemary Garlic Chicken, Quinoa, Arugula, Cucumbers, Roma Tomatoes, Avocado, Marcona Almonds, Feta Cheese, Citrus Vinaigrette	\$10.29	
Acai Bowl Acai Sorbet, Homemade Granola, Bananas, Berries, Sliced Almonds, Toasted Coconut Flakes, Ginger Honey	\$10.49	
PROTEIN		
Lemon Garlic Tuscan Hummus Tomatoes, Basil, Baby Carrots, Celery, Watermelon Radishes	\$9.29	
Seared Salmon Salmon, Wheat Couscous, Cucumbers, Low-Fat Feta Cheese, Pistachio, Raisins, Basil Mint Vinaigrette	\$14	
Manchego Cheese Protein Box Brie, Manchego Cheese, Grapes, Granny Smith Apple Slices, Asian Grain Crackers	\$10.49	

BUILD YOUR OWN SMOOTHIE

20 oz, \$6.50 | 32 oz, \$8.50

Choose One	Choose Two Fruits	Choose One Green
2% Milk	Strawberries	Spinach
Skim Milk	Blueberries	Kale
Almond Milk	Banana	Avocado
Apple Juice	Pineapple	Celery
Pineapple Juice	Peaches	Cucumber
Orange Juice	Mango	

CLASSIC SMOOTHIES

20 oz, \$8.50 | 32 oz, \$10.50

Strawberry Delight Muscle Recovery

Strawberry, Banana, Apple Juice, Vanilla Whey Protein, Greek Yogurt

Big Daddy Muscle Recovery

Milk, Cocoa Powder, PB Lite, Banana, Vanilla Whey Powder, Oats

The Green Machine Heart Health

Almond Milk, Spinach, Flax Seeds, Mango, Vanilla Whey Protein

Wellness Elixir Immunity - Heart Health

Almond Milk, Pineapple, Banana, Spinach, Kale, Cucumber, Flax Seeds, Vanilla Whey Protein

Lean Body Espresso Drink Antioxidants – High Protein – Memory Lean Body 20 Grams Protein, 2 Shots of Espresso (only served in 20 oz)

KIDS SMOOTHIES

12 oz, \$5

Strawberry Banana

Strawberries, Banana, Milk, Vanilla Yogurt, Honey

Mango Peach

Mango, Peach, Milk, Vanilla Yogurt, Honey

Cinnamon Roll

Banana, Cinnamon, Vanilla Extract, Almond Milk, Oats, Honey

The Hulk

Pineapple, Spinach, Banana, Milk, Honey

EXTRAS

One Scoop Protein Powder, Chocolate or Vanilla	\$2
Chia Seeds	\$1
Flax Seeds	\$1
Matcha Powder	\$2.50
Beet Powder	\$1.75
Coconut Oil	\$1.25
Camu Camu Powder	\$3
Avocado	\$1.50
Plant Based Protein	\$3
Cocoa Powder	\$.50
Vanilla Yogurt	\$.50

FROZEN YOGURT

Vanilla or	Chocolate	Yogurt	\$4
		9	Ψ'

Add Toppings

Strawberries	\$1.50
Homemade Granola	\$1
Chocolate Chips	\$1
Crumbled Oreo	\$1

