



Smoothies

Add protein: Whey (chocolate or vanilla) \$1.00; Plant (vanilla) \$2.00.
Add in's: Avocado, peanut butter, or PB2 \$1.00; Spinach, Flax Seed, Chia Seed, Coconut, Immune Support, or Espresso \$0.50.

Classic \$6.00

Berries A'More - Four berry puree, banana

Blueberry Blitz - Blueberry banana puree, banana

Mango Tango - Mango Puree, banana

Strawberry Classic - Strawberry puree, banana

Slim Peach – Milk, peach, pear and apricot puree, strawberries

Hawaiian Harvest - Pineapple paradise puree, banana

Lean Green - Fresh spinach, pineapple, banana, strawberries, coconut, orange juice, a blend of spices

Protein Punch..... \$7.50

Banana Nut Blast - Milk, banana, vanilla protein, peanut butter

Snickerdoodle - Milk, vanilla cream, vanilla protein, vanilla extract, cinnamon

Peanut Butter Cup - Milk, peanut butter, chocoholic's choice, chocolate protein

Banana Split - Milk, strawberry puree, banana, chocoholic's choice, vanilla protein

Oreo Cookie Crunch - Milk, Oreo, chocoholic's choice, chocolate protein

The Calorie Monster - Milk, peanut butter, banana, oats, strawberries, two scoops vanilla or chocolate protein

Java Jolt - Milk, ground espresso beans, mocha latte, chocolate protein

Breakfast of Champions - Milk, peanut butter, craisins, granola, vanilla protein

Grand Slam - Milk, peanut butter, salted caramel, vanilla protein

Hydrators..... \$3.00

Relax and refresh with other our fruit inspired Hydrators
 Fresh fruit slices added to each drink
 Add an Immunity Boost, Energy Boost or Hydration Boost for \$0.50

Base	Flavor
Water	Raspberry
Iced Tea	Strawberry
Lemonade	Peach

Coffees & Teas

House or Flavored Coffee	Tea Hot or Iced.....\$1.50
Small..... \$1.50	
Large.....\$2.00	Iced Coffee.....\$2.50
Refill.....\$0.75	

Purchase a ten-punch coffee card for \$7.00, get the 11th free.



Grab-n-Go

Chicken Salad Sandwich.....	\$5.00
Egg Salad Sandwich.....	\$4.00
Chicken/Egg Salad Cup.....	\$3.00
Fruit Cup.....	\$2.50
Yogurt Parfait.....	\$3.00
Hard Boiled Eggs.....	\$1.00
Bottled Water.....	\$1.50

*Grab-n-Go items are while supplies last each week



Hours of Operation

Monday - Thursday: 5:30 a.m. to 7:30 p.m.

Friday: 5:30 a.m. to 6:30 p.m.

Saturday: 6:30 a.m. to 11:00 a.m.

Sunday: Closed

*Some menu items may not be available all day.
 Smoothies, coffee, and Grab-n-Go items are available
 even when café is closed.*

Dine in or take out!

Call 231.924.1601 to order



Breakfast

Burrito \$5.00

Add meat to any item: Chicken, Steak, Shrimp, Bacon \$1.00

Ranchero

Scrambled egg, avocado, black beans, cheddar, cilantro, salsa

Farmer

Scrambled egg, peppers, onions, tomatoes, cheddar jack

Spinach

Scrambled egg, spinach, peppers, feta

Yogurt.....\$4.00

Almonds	Cinnamon	Granola
Apples	Coconut	Strawberries
Banana	Walnuts	Blueberries
Dried Cranberries		



Just for Kids

Kids Combo.....\$7.00

Comes with choice of entrée below, veggie and a 12 oz classic smoothie or refresher.

**Must be 12 and under*

Grilled Cheese

Add ham and any veggies

Mini Salad

Choose any of our salad options or create your own

Mini Quesadilla

Choose any of our quesadilla options or create your own

PB Banana Rollup

Banana rolled in tortilla, peanut butter.

Lunch and Dinner

Add Meat to any wrap, salad, burrito or bowl

Chicken, Steak, Shrimp, Bacon
\$2.50

Wraps and Salads

Choose one of our wraps: Spinach or Cheddar Jalapeno or make it a salad

Santa Fe.....\$7.50

Romaine, tomatoes, black beans, avocado, cheddar jack cheese, corn, salsa, sour cream

Caesar.....\$6.50

Romaine, parmesan cheese, wonton strips, caesar dressing

Veggie.....\$7.50

Romaine, black bean, tomato, cucumber, pepper, onion, hummus

Market.....\$7.50

Spinach, apples, dried cranberries, cucumbers, red onion, almonds, walnuts, feta, raspberry vinaigrette

Twisted Teriyaki.....\$7.50

Romaine, edamame, crispy wontons, broccoli, carrots, cucumber, green onions, sesame seeds, red cabbage, teriyaki

Greek.....\$7.50

Romaine, tomato, cucumber, red onion, black olives, feta, croutons

Spicy Shrimp.....\$9.00

Romaine, shrimp, shredded zucchini, shredded carrots, cabbage, peppers, sriracha sauce

Add a Smoothie or Hydrator to an entrée, get \$1.00 off.



Flat Bread Grilled Cheese.....\$5.00

Add Meat: Ham, Bacon or Avocado \$1.00

Add Veggies: No Charge

Soups

Ask for our soups of the day

Cup.....\$4.00

Bowl.....\$5.00

Soup and small salad combo.....\$8.00

Small salad of choice with a cup of soup



Burritos and Bowls

Choose one of our wraps: Spinach or Cheddar Jalapeno or make it a bowl: Brown Rice/Quinoa

Santa Fe.....\$7.50

Tomatoes, black beans, avocado, cheddar jack cheese, corn, salsa, sour cream

Caesar.....\$6.50

Parmesan cheese, wonton strips, Caesar dressing

Veggie.....\$7.50

Black bean, tomato, cucumber, pepper, onion, hummus

Market.....\$7.50

Apples, dried cranberries, cucumbers, red onion, almonds, walnuts, feta, raspberry vinaigrette

Twisted Teriyaki.....\$7.50

Edamame, crispy wontons, broccoli, carrots, cucumber, green onions, sesame seeds, red cabbage, teriyaki

Spicy Shrimp.....\$9.00

Shrimp, shredded zucchini, shredded carrots, cabbage, peppers, sriracha sauce

Quesadilla

Choose one of our wraps: Spinach or Cheddar Jalapeno

Add Meat: Chicken, Steak, Shrimp, Bacon \$2.00

Santa Fe.....\$7.50

Tomatoes, black beans, avocado, corn

Fajita.....\$7.50

Red onion, pepper

Ranchero.....\$7.50

Black beans, avocado, cilantro

Spinach.....\$7.50

Spinach, pepper, feta

Cheese.....\$6.00

Build your own.....\$7.50

Choose any of these great toppings:

Peppers	Onions	Black Olives
Black Beans	Corn	Spinach
Cilantro	Tomato	Avocado