



## 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 – Friday: 5:30 a.m. to 4:00 p.m.

Saturday – Sunday: Grab-n-Go

*Some menu items may not be available all day.*

*Weekdays after 4:00 p.m. and on Saturdays and Sundays, the Café switches to exclusively Grab-n-Go items. Smoothies and coffee are also available during Grab-n-Go hours.*

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 \$2.50

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