



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 11 th 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.....	\$1.50
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		

Scan the QR code for nutritional information on our Café menu items.



Just for Kids

Kids Combo.....\$7.00	
Comes with choice of entrée below, veggie and a 12 oz classic smoothie or refresher.	
<i>*Must be 12 and under</i>	
Grilled Cheese	
Add ham and any veggies	
Mini Salad	
Choose any of our salad options or create your own	
Mini Quesadilla	
Chose 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		
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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