

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, 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	

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	
Lean Green - Fresh spinach, pineapple, banana, strawberries, coconut, orange juice, a blend of spices, vanilla protein	
Grand Slam - Milk, peanut butter, salted caramel, vanilla protein	

Hydrators.....\$3.00

Relax and refresh with our fruit inspired Hydrators. Fresh fruit slices added to each drink.	
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
Refill.....	\$0.75
Iced Coffee.....\$2.50	
Purchase a ten-punch coffee card for \$7.00, get the 11th free.	



Grab-n-Go

Grab-n-Go Items
Check cooler for available items and prices.
Items available 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, Bacon \$1.50

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

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.

**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
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, Bacon \$3.00

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

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

Quesadilla

Choose one of our wraps: Spinach or Cheddar Jalapeno

Add Meat: Chicken, Steak, Bacon \$3.00

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