

# SMOOTHIES

## — SIGNATURE SMOOTHIES —

**CLASSIC SMOOTHIE** 240 cal **\$6.00**  
Banana, strawberry, & orange juice

**SUPERCHARGED** 430 cal **\$7.00**  
Pineapple, banana, spinach, avocado  
apple, & apple juice

**GREEN MACHINE** 280 cal **\$7.00**  
Banana, peach, raspberry, green blend,  
& orange juice

**PICK ME UP** 620 cal **\$8.00**  
Banana, strawberry, blueberry,  
raspberry, Greek yogurt, orange juice,  
& maple syrup

# SMOOTHIES

## — BUILD YOUR OWN —

**BANANA INCLUDED IN ALL** 80 cal **\$6.00**

### CHOOSE A LIQUID:

**2% MILK** 140 cal

**ALMOND MILK** 90 cal

**FRESH SQUEEZED  
ORANGE JUICE** 90 cal

**APPLE JUICE** 100 cal

### CHOOSE 2 FRUITS & VEGETABLES:

**BLUEBERRIES** 50 cal

**PINEAPPLE** 50 cal

**RASPBERRY** 50 cal

**STRAWBERRY** 35 cal

**KALE** 15 cal

**MANGO** 70 cal

**SPINACH** 5 cal

**PEACH** 40 cal

# SMOOTHIES

## — BUILD YOUR OWN —

**SMOOTHIE ADD-INS** **75¢ ea**

**WHEY PROTEIN** 45 cal  
12 g of whey protein concentrate

**GREEN BLEND** 15 cal  
Rice bran, flaxseed meal, alfalfa, pumpkin,  
barley, wheatgrass, spirulina,  
& chlorella powders

**MAPLE SYRUP** 52 cal

**FLAXSEED** 55 cal

**CHIA SEEDS** 60 cal

**SMOOTHIE ADD-INS** **\$1.50 ea**

**AVOCADO** 50 cal

**GREEK YOGURT** 57 cal

# GELATO

Creamy Italian Ice Cream made Fresh in store

Cup Size	Gelato	Sorbetto	
<b>SMALL</b> 4.5 oz	140-470 cal	140-170 cal	<b>\$3.50</b>
<b>MEDIUM</b> 7 oz	230-740 cal	210-260 cal	<b>\$4.50</b>
<b>LARGE</b> 9.5 oz	290-1000 cal	290-360 cal	<b>\$5.50</b>

**ESPRESSO SHAKE** **\$5.00**  
20 oz 750-900 cal  
Your choice of gelato combined  
with espresso and blended smooth

**AFFOGATO** **\$5.00**  
20 oz 140-470 cal  
Scoop of gelato drowned in espresso

## — TAKE HOME —

<b>SMALL</b> 1-2 flavors	<b>\$7.00</b>
<b>MEDIUM</b> 2-3 flavors	<b>\$9.00</b>

# COFFEE

HOT	
<b>ESPRESSO</b> 0 cal	<b>\$2.25</b>
<b>CAFFÈ MACCHIATO</b> 20 cal	<b>\$3.00</b>
Espresso with a dollop of foamed whole milk	
	8 oz 12 oz
<b>CORTADO</b> 40 cal	<b>\$3.00</b> -
Espresso with equal parts whole milk	
<b>FLAT WHITE</b> 115 cal	<b>\$3.00</b> -
Espresso with steamed whole milk	
<b>CAPPUCCINO</b> 75-190 cal	<b>\$3.00 \$3.50</b>
Espresso with steamed & foamed whole milk	

## MILK OPTIONS

<b>WHOLE</b>	<b>OAT</b>	<b>SOY</b>
<b>2%</b>	<b>SKIM</b>	<b>ALMOND</b>

HOT		
	12 oz	16 oz
<b>DRIP COFFEE</b> 0 cal	<b>\$2.25</b>	<b>\$3.00</b>
<b>CAFFÈ AMERICANO</b> 0 cal	<b>\$2.50</b>	<b>\$3.25</b>
Espresso with hot water		
<b>CAFFÈ LATTE</b> 113-188 cal	<b>\$3.50</b>	<b>\$4.00</b>
Espresso & steamed whole milk		
<b>CAFFÈ MOCHA</b> 213-288 cal	<b>\$4.00</b>	<b>\$4.75</b>
Espresso, dark chocolate syrup, & steamed whole milk		
<b>CAFFÈ MEXICANA</b> 220-410 cal	<b>\$4.25</b>	<b>\$5.00</b>
Espresso, steamed whole milk, chocolate & cinnamon		

COLD	
	20 oz
<b>ICED COFFEE</b> 5 cal	<b>\$2.75</b>
In-house brewed coffee served over ice	
<b>NITRO COLD BREW</b> 0 cal	<b>\$4.50</b>
Less acidic, high caffeine, & on tap for a creamy mouthfeel	
<b>COLD BREW COFFEE</b> 0 cal	<b>\$4.00</b>
Less acidic, high caffeine, & bold, smooth flavor	
<b>ICED LATTE</b> 150 cal	<b>\$4.00</b>
Espresso & whole milk over ice	
<b>ICED CAPPUCCINO</b> 240 cal	<b>\$4.00</b>
Espresso with silky whole milk foam over ice	
<b>ICED MOCHA</b> 260 cal	<b>\$4.75</b>
Espresso, chocolate, & silky whole milk foam over ice	

# TEA & MORE

HOT		
	12 oz	16 oz
<b>HOT TEA</b> 0 cal	<b>\$2.50</b>	<b>\$2.75</b>
We offer a selection of black, green, & herbal teas		
<b>CHAI LATTE</b> 360-480 cal	<b>\$3.00</b>	<b>\$3.50</b>
Spiced black tea blended with steamed whole milk		
<b>JAPANESE-STYLE MATCHA LATTE</b> 180-230 cal	<b>\$6.00</b>	<b>\$7.00</b>
Traditional, unsweetened Japanese matcha with steamed whole milk		
<b>SWEETENED MATCHA LATTE</b> 200-265 cal	<b>\$4.00</b>	<b>\$4.50</b>
Matcha green tea and cane sugar with steamed whole milk		

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Written nutrition information is available upon request.

COLD	
	20 oz
<b>ICED TEA</b> 0 cal	<b>\$2.50</b>
<b>ICED MATCHA LATTE</b> 265 cal	<b>\$4.75</b>
Matcha green tea and cane sugar with whole milk served over ice	
<b>FOUNTAIN DRINK</b> 0-140 cal	<b>\$2.50</b>
<b>FLAVOR SHOT</b> 20 cal	<b>75c</b>
OTHER	
	12 oz 16 oz
<b>COCOA</b> 380-510 cal	<b>\$3.25 \$4.25</b>
Hot chocolate made with whole milk	