

SMOOTHIE MENU

CHOOSE A 12-OUNCE OR 20-OUNCE SMOOTHIE FOR REFUELING AFTER A WORKOUT, OR FOR A PRE-WORKOUT SNACK!

PB Monkey | greek yogurt, peanut butter, banana, milk, chocolate protein powder* **OUR MOST POPULAR SMOOTHIE!**

Berry Medley | mixed berries, milk, protein powder*

Chocolate Monkey | banana, milk, chocolate protein powder*

Berry Greens | spinach, mixed berries, banana, milk, protein powder*

Popeye | peanut butter, spinach, banana, milk, protein powder*

Banana Split | strawberry, banana, milk, chocolate protein powder*

Tropics | mango, pineapple, orange juice, protein powder*

Blueberry Avocado | avocado, spinach, blueberry, banana, almond butter, milk, protein powder*

Firecracker | strawberry, mango, cucumber, orange juice, milk, protein powder*

Wake-Up Call | espresso, peanut butter, banana, chocolate, vitamins, milk, protein powder*

Sweet-Tart | raspberry, pomegranate juice, protein powder*

Java Jolt | espresso, milk, java jolt mix, chocolate protein powder*

Banana Split | strawberry, banana, milk, chocolate protein powder*

Strawberry Monkey | strawberry, banana, orange juice, protein powder*

Pineapple Cucumber | pineapple, cucumber, spinach, banana, lime juice, milk, protein powder*

Build Your Own | choose 1 base, 2 fruits or veggies, and 1 protein powder | *see the smoothie bar for more details!*

KIDS SMOOTHIE MENU

OUR 8-OUNCE KIDS SMOOTHIES ARE MADE WITHOUT PROTEIN POWDER, AND WITH ALL THE DELICIOUS FLAVORS & NUTRITION!

PB Monkey | greek yogurt, peanut butter, banana, milk, chocolate sauce

Berry Medley | mixed berries, milk

Chocolate Monkey | banana, milk, chocolate sauce

Berry Greens | spinach, mixed berries, banana, milk

PB&J | peanut butter, raspberry, greek yogurt, banana, milk

Tropical Greens | mango, spinach, milk, orange juice

Tropics | mango, pineapple, orange juice

Strawberry Monkey | strawberry, banana, orange juice

TOAST BAR MENU

COME CHECK OUT OUR NEWEST ADDITION TO THE SMOOTHIE BAR: OUR TOAST BAR! PACKED WITH NUTRIENTS AND HEALTHY FATS, THE TOAST BAR WILL KEEP YOU FULL AND FUELED BEFORE, DURING, AND AFTER YOUR WORKOUT.

Avo-Yumm | hummus, avocado, sea salt, crushed red pepper, lemon juice

Hearty | coconut oil, avocado, sea salt, hemp hearts, chia seeds

Creamy Chia | cream cheese, cucumber, dill, chia seeds

Sweet Treat | peanut butter, banana, honey, hemp hearts

Build Your Own | choose 1 base, 2 toppings, and 1 seed | *see the Smoothie Bar for more details!*

See the Nutrition notebook at the Smoothie Bar for full nutrition information on our Smoothies, Toast Bar, and more!

EATS

GRAB & GO SNACKS

Rx Bar | Rx Nut Butter | Protein Puck | DotFit Protein Bar

Apple | Banana | Avocado | String Cheese

Nuts | Trail Mix | Hummus & Pretzels | Bagel

Skinny Pop | Pirate's Booty | Chips | Hard Boiled Eggs

GRAB & GO MEALS

White Knuckle & Dancing Women

Paninis | Salads | Sandwiches | Wraps

Pesto Breakfast Sandwich | Protein Blast Box

Quinoa Burrito | Bean & Rice Burrito

We have many gluten free and dairy free options available at the Smoothie Bar & Eats!

Ask a team member for all we have to offer.

DRINKS

GRAB & GO

Premier Protein: Chocolate, Vanilla | Sambazon Energy | Red Bull | Rockstar

Coconut Water | Vitamin Water | Talking Rain | Gatorade | Juice | Soda Pop | La Croix

ESPRESSO

Proudly serving Thomas Hammer Coffee

Latte | Mocha | Americano | Cappuccino | Espresso

Drip Coffee | Italian Soda | Hot Chocolate

Flavors, Decaf Espresso, and Milk Alternatives available

LOOSE LEAF TEA

Proudly serving Rishi Tea

Turmeric Ginger | Blueberry Hibiscus

Chamomile Medley | Peppermint

Tropical Green | Jade Cloud | English Breakfast

Each month, we offer a Smoothie of the Month - it may be one you see on the menu or it may be a brand new one!

Come see what this month's Smoothie of the Month is!

SMOOTHIE BAR & EATS HOURS

Monday-Thursday: 8am-8pm | Friday: 8am-5pm | Saturday: 8am-2pm | Sunday: 12-6pm