



# INDIVIDUAL NUTRITION CAFE

## BREAKFAST

<b>Classic Acai Bowl</b> Oat & Almond Granola topped with our Acai Blueberry Blend, Vanilla Greek Yogurt, Fresh Fruit & Coconut	8.50
<b>Almond Dream Acai Bowl</b> Oat & Almond Granola topped with Blueberry Acai Blend, Vanilla Greek Yogurt, Almond Butter, Blueberries & Banana with a honey drizzle	9.25
<b>Chocolate Delight Acai Bowl</b> Oat & Almond Granola topped with Blueberry Acai Blend, Vanilla Greek Yogurt, Nutella, Honey, Strawberry & Banana	9.00
<b>Yogurt Parfait</b> Almond Honey Granola with Vanilla Greek Yogurt then topped with Fresh Blueberries and Strawberries	6.50
<b>Assorted Baked Goods</b> Daily Assortment of Fresh Muffins, Cookies, Croissants, Danish, and Pecan Caramel Rolls	Market
<b>Oat Bowl</b> Choose from our Blueberry Almond, Strawberry Pecan, or Apple Pecan Oat	5.75
<b>Bagels</b> Assorted Lift Bridge Bages, toasted or not, with choice of butter & cream cheese spread	3.50

## SANDWICHES & WRAPS

Add Chips or Popcorn for \$1

<b>Roast Beef Melt</b> Shaved Roast Beef with Pepper Jack Cheese & Fresh Spinach on a buttery croissant	8.80
<b>Oven Roasted Turkey Melt</b> Oven roasted Turkey with Monterey Jack, Honey Mustard Aioli and Fresh Spinach	8.50
<b>Grilled Cheese Croissant Melt</b>	6.50
<b>Chicken Bacon Ranch Wrap</b> Chicken Breast, Crisp Bacon, Buttermilk Ranch, Cheese, Spinach & Tomato in a tortilla	9.00
<b>Chicken Club Wrap</b> Chicken Breast, Shaved turkey, Crisp Bacon, Mayonnaise, Cheese, Spinach and Tomato in a tortilla	9.00
<b>Turkey Club Wrap</b> Shaved turkey, Bacon, Mayonnaise, Shredded Cheese, Spinach and Tomato in a tortilla	9.00
<b>Veggie Hummus Wrap</b> Bell Peppers, Shredded Carrots, Cucumber, Red Onion, Spinach and Tomato in a tortilla	7.50

## BEVERAGES

Coffee	3.50
Mike and Jens Hot Cocoa	3.50
Hot Tea	3.00
Arizona Tea	2.25
Energy Drink Rotation	Market
Honest Juice Box	1.00

## SMOOTHIES

<b>Almond Butter Dream</b> Almond Butter, Almond Milk, Banana, Mango, Cinnamon	7.75
<b>Blueberry Acai Chia</b> Blueberries, Acai, Chia Seeds, Almond Milk, Greek Yogurt, Banana	8.25
<b>Blueberry Pie</b> Blueberries, Oats, Greek Yogurt, Almond Milk, Vanilla Whey Protein	8.25
<b>Chocolate Almond Butter</b> Giardelli Dark Cocoa, Almond Butter, Almond Milk, Bananas, Oats and Monk Fruit	7.95
<b>Chocolate Covered Strawberry</b> Strawberries, Giardelli Dark Cocoa, Almond Milk, Oats, Vanilla Whey Protein	8.15
<b>Green Goddess</b> Mango, Spinach, Banana, Almond Milk, & Flax Seed	7.50
<b>Mango Mix Up</b> Mango, Strawberry, Kale, Coconut milk	7.75
<b>Mocha Blast</b> Duluth Coffee Black Coffee, Banana, Giardelli Dark Cocoa, Vanilla Whey Protein Powder	7.85
<b>Strawberry Cream Meal Replacement</b> Fresh Strawberries, Oats, Greek Yogurt, Almond Milk, and Vanilla Protein Powder	8.25
<b>Strawberry Sunrise</b> Strawberries, Orange Juice, Coconut Milk, Oats	7.50
<b>Super Green</b> Kale, Spinach, Lemon, Ginger, Coconut Water, Vanilla Whey Protein	8.25

**Add Ons**

Add Almond Butter	Add Coconut
Add Nutella	Add Chia Seeds
Add Honey	Add Whey or Plant Protein

## GRAB AND GO MENU

<b>Rotating Fresh Meals</b> Grab a fresh made meal from our cooler to take or have us heat to enjoy! Meals change weekly	10.10 / 12
<b>Apple Sauce- GoGo Squeeze</b>	1.10
<b>2 Oranges, 2 Bananas or Cheesestick</b>	1.10
<b>Individual Cheese Pizzas</b>	5.75
Add Pepperoni	0.25
<b>Veggie and Hummus Box</b> Fresh Cut Veggies, House made Hummus and pita or crackers	6.00
<b>Protein Grab &amp; Go Box</b> Chicken Breast, Cubed Cheese, Fruit or Veggie, and a grain.	6.50
<b>Uncrustables</b>	2.50
<b>Smart Popcorn</b>	1.75
<b>House Made Fruit Posicles</b>	3.50
<b>Love Creamery Ice Cream</b>	Pint: 10 / 5oz: 4.50