

SMOOTHIES

CUP

The classic blended frozen fruity treat to enjoy with a straw!

—OR—

BOWL

A smoothie base with granola and toppings to enjoy with a spoon!

Most smoothies are made with an Unsweetened Almond Milk base. Substitutions available.

Tropical Tabata + 7.50
Mango, Pineapple, Vanilla & Unflavored Whey Protein

The OG + 7.50
Banana, Strawberries, Vanilla & Unflavored Whey Protein

Açaí BnB 9.00
Açaí, Banana, Strawberries, Hemp Seeds, MCT Oil

Jenny Recovery 9.50
Strawberries, Mango, Almond Butter, Collagen

Home Base + 6.50
Banana, Vanilla or Chocolate Whey Protein

Green Monster + 7.50
Banana, Avocado, Lemon Juice, Spirulina, Hemp Seeds, Vanilla Vegan Protein

PB Crunch 7.50
Banana, Choc Whey, Granola, PB Fit Protein

Rejuvenator 9.00
Mango, Coconut Milk, Chia Seeds, 50/50 Whey Protein

Power Hitter + 7.50
Banana, Spinach, Vanilla & Unflavored Whey Protein

Build Your Own 6.50
Choose any fruit, base, and add ons for a customized smoothie

Smoothie of the Month 7.00
The Cafe's Pick of the Month!

DRINKS

COFFEE

Fresh Brewed S 2.25 L 2.75
Mild Columbian Roast

Latte 4.50
HCI house Blend or Decaf

Mocha 4.50 **Ristretto** 3.50

Caramel Macchiato 4.50 **Americano** 3.50

Espresso 2.00 **Cappuccino** 4.50

Add a Flavor

| Caramel | Peppermint | Vanilla
| Toasted Marshmallow | Hazelnut | Pumpkin

Hot Tea S 2.25 M 2.25
Earl Grey, Green, English Breakfast

Fountain Drink S 2.50 M 3.25

Iced Tea S 2.50 M 3.25

ADD ONS

Liquid Subs \$0.75
| Coconut Milk
| Whole Milk
| Orange Juice
| Lite Vanilla Yogurt
| Oat Milk
| Almond Milk

Protein \$0.75
| Vanilla Whey
| Chocolate Whey
| Unflavored Whey
| Vegan Vanilla
| Vegan Chocolate

Fats \$0.75
| Hemp Seeds
| Flaxseed
| Almond Butter
| Sunbutter
| Powdered PB
| MCT [\$1]

Fruit \$1
| Strawberries
| Mangoes
| Blueberries
| Banana

More \$1
| Spirulina
| Granola
| Honey
| Oats
| Collagen

HOT FOOD

Chicken Quesadilla 7.50

Cheese Pizza 7.50
Add Pepperoni or Sausage +1.00

ALCOHOL

Draft Beer 16oz | 5.00 Pitcher | 10.00

Premium Draft 16oz | 7.00 Pitcher | 14.00

Canned Wine 7.00

Mimosa 7.00