



APPETIZERS

SOFT PRETZEL 5.25
Add queso +2

CHIPS AND QUESO 8

CHIPS AND SALSA 6

ENTREES

**CHICKEN CAESAR
PASTA SALAD 13.50**

Chicken, romaine, pasta,
Parmesean, croutons

SOUTHWEST WRAP 12.50

Chicken, salsa, cheese,
black bean and corn mix, tortilla strips

TURKEY PESTO 12.50

Turkey, pesto, tomato, lettuce
and provolone on ciabatta

HAM AND SWISS 11.50

Toasted with Dijon mustard on ciabatta

FLATBREADS

CHEESE 7.50

PEPPERONI 8.75

CHICKEN PARM 11.50

BEVERAGES

LUBANZI WINE 7

ROSÉ BUBBLES

CHENIN BLANC

RED BLEND

BEER 4

LOST FORTY LOVE HONEY

LOST FORTY ROCKHOUND IPA

LOST FORTY EASY TIGER

MICHELOB ULTRA

BLUE MOON

COORS LIGHT

SOFT DRINK 1.75

COKE, DIET COKE, COKE ZERO, SPRITE,
DR. PEPPER

POWERADE 2

COLD BREW 4.50

BOTTLED WATER 1.50



SMOOTHIES

PROTEIN

GREEN GODDESS BEAUTY

11

Vanilla protein, apple, spinach, banana, mango, chia seeds, collagen

FRANK THE TANK

11.50

Vanilla plant protein, kale, spinach, almond butter, almond milk, blueberries, banana, monk fruit

ELVIS

7.50

Chocolate whey, peanut butter, almond milk, banana

SKINNY ELVIS

7.75

Chocolate whey, PBfit, almond milk, banana

CUP OF JOE

8

Coffee smoothie with protein and choice of flavor - mocha, white chocolate, vanilla

ADD-INS

Collagen +4

Almonds +2

Chia seeds +1.50

Almond butter +2

Protein +3

Peanut butter +1

PBfit +1

Monk fruit

Honey

WORKOUT BOOSTERS

TROPICAL VACATION

8.50

Post-workout recovery, mango, pineapple, banana, fruit juice

BERRY EXTREME

8.25

Blackberry/cherry pre-workout, blueberries, strawberries, orange juice

GREEN ENVY

8.25

Green energy blend, spinach, apple, banana, almond milk

BUILD YOUR OWN

7.50

BASE - PICK 1

Almond milk, soy milk, oat milk, orange juice

PROTEIN - PICK 1

WHEY:

Vanilla, strawberry, chocolate

PLANT:

Vanilla, chocolate (vegan)

FRUITS AND VEGGIES - PICK 2

Kale, spinach, carrot, banana, apple, blueberries, mango, strawberries, pineapple
More than 2 +1.50 each

SIP, SAVOR, SAVE!

◆ — Monday - Friday — 3:30 - 6:30 pm — ◆

BEVERAGES

\$3

BEER

\$5

WINE

\$3⁵⁰

SELTZERS

FLATBREADS

\$4

CHEESE

\$5

PEPPERONI

\$6

CHICKEN
PARM

APPS

\$4⁵⁰

QUESO

\$3⁵⁰

SALSA

WEEKEND CHEERS!



MIMOSAS

— ◆ —
ALL DAY
SATURDAY & SUNDAY