

M E N U

VITA

smoothie bar



ATP LAB - VEGAN PROTEIN + \$0.50

ATP LAB - ISO PROTEIN + \$0.85

PROTEIN SMOOTHIES

PB PROTEIN

BANANA, STRAWBERRY, PEANUT BUTTER, GFW CHOCOLATE OR
VANILLA PROTEIN, ALMOND MILK | **30G PROTEIN** | \$12

WAKE ME UP

ESPRESSO, BANANA, PEANUT BUTTER, GFW CHOCOLATE OR
VANILLA PROTEIN, ALMOND MILK | **31G PROTEIN** | \$12

SUNRISE ENERGIZER

ORANGE, MANGO, PINEAPPLE, GFW VANILLA PROTEIN, ALMOND
MILK | **24G PROTEIN** | \$12

GREEN GLOW

MANGO, SPINACH, RED APPLE, GINGER, COLLAGEN, GFW VANILLA
PROTEIN, ALMOND MILK | **32G PROTEIN** | \$12

STRAWBERRY CHEESECAKE

STRAWBERRY, CINNAMON, COTTAGE CHEESE, VANILLA PROTEIN,
ALMOND MILK, GRAHAM CRACKER, STRAWBERRY PUREE | **41G PROTEIN** | \$12

BERRY BLISS

BLUEBERRY, STRAWBERRY, AVOCADO, ALMOND BUTTER, VANILLA
OR CHOCOLATE PROTEIN, ALMOND MILK | **27G PROTEIN** | \$12



ALL-DAY SMOOTHIES

CINNAMON SWIRL

BANANA, MAPLE SYRUP, CINNAMON, GLUTEN FREE OATS,
ALMOND BUTTER, ALMOND MILK | \$10

COCONUT ROSE

DRAGON FRUIT, PINEAPPLE, MANGO, COCONUT MILK,
COCONUT WATER | \$10

IMMUNE BOOSTER

PINEAPPLE, MANGO, ORANGE, GINGER, COCONUT
WATER | \$10

BLUE SPIRULINA

BANANA, MANGO, PINEAPPLE, HEMP HEARTS, BLUE
SPIRULINA, COLLAGEN, COCONUT WATER | \$11



ADD-ONS

- **CREATINE** | \$2.25
- **ENHANCED COLLAGEN PROTEIN** | \$2.50
- **ATP LAB - GLUTAMINE** | \$2.00
- **PEANUT/ALMOND BUTTER** | \$1.50
- **RASPBERRY PRE-WORKOUT** | \$2.85
- **ATP LAB - GFW PROTEIN** | \$3.00
- **ATP LAB - VEGAN PROTEIN** | \$3.25
- **ATP LAB - ISO PROTEIN** | \$3.50
- **HEMP HEARTS** | \$1.25
- **CHIA SEEDS** | \$1.25



SMOOTHIE BOWLS

CHOCO PB

BASE: ALMOND MILK, COCOA POWDER, BANANA, PEANUT BUTTER
TOPPINGS: BANANA, BLUEBERRY, PEANUT BUTTER, CHIA SEEDS, GRANOLUST, CHOCOLATE
\$16.50



PITAYA

BASE: ALMOND MILK, DRAGON FRUIT, PINEAPPLE. STRAWBERRY
TOPPINGS: KIWI, STRAWBERRY, GRANOLUST, COCONUT, HEMP HEARTS
\$16.50



ALPHA BLUE

BASE: ALMOND MILK, BANANA, PINEAPPLE, MANGO, BLUE SPIRULINA
TOPPINGS: KIWI, BANANA, BLACKBERRY, CHIA SEEDS, GRANOLUST, COCONUT
\$17.50



COMBO #1

PROTEIN SMOOTHIE + TOAST

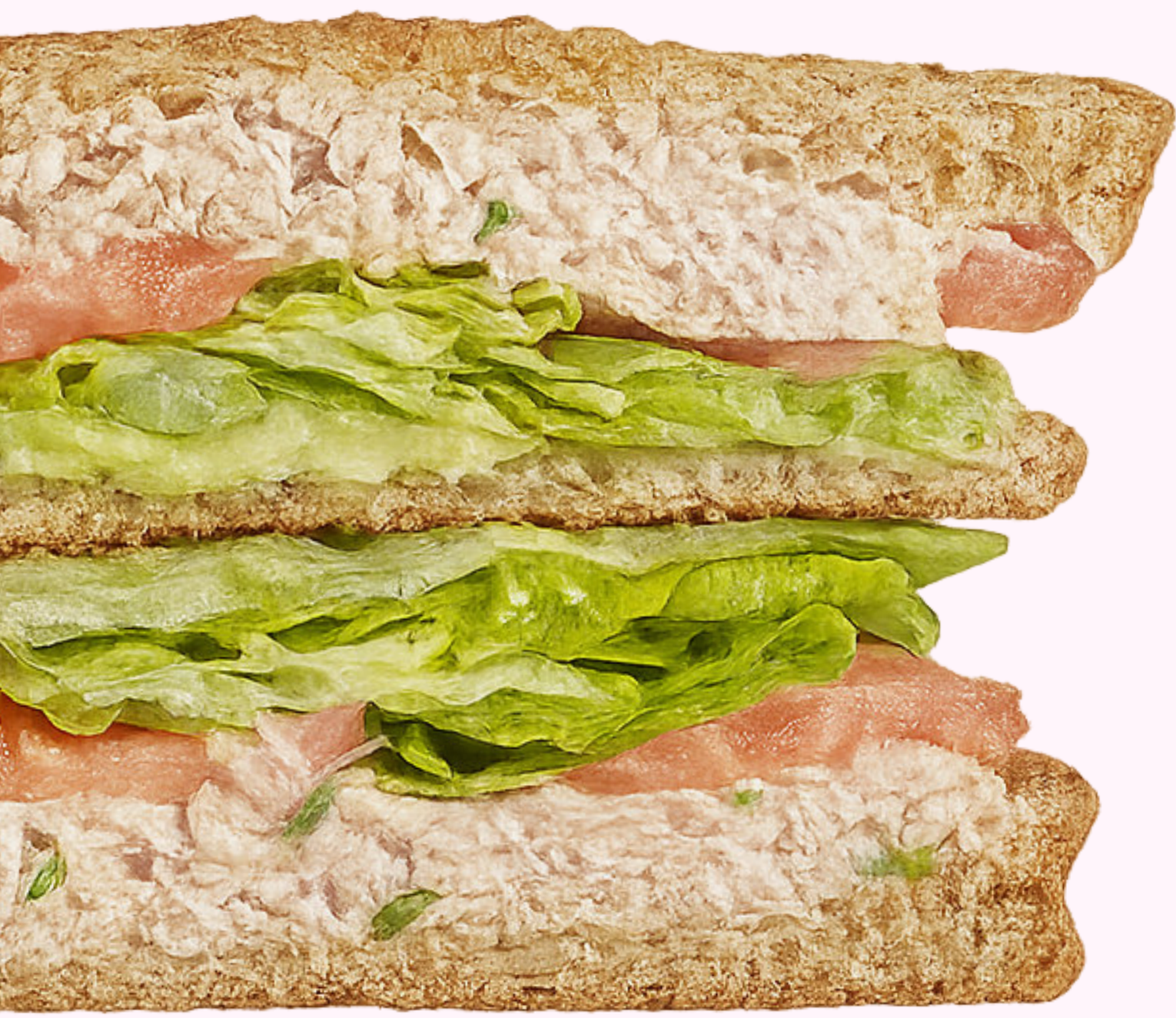
\$18.99

COMBO #2

SMOOTHIE + TOAST

\$17.50

SMOKED SALMON + \$3.25
BLUE SPIRULINA SMOOTHIE +\$1.00



*LIMITED QUANTITY

SANDWICH

SIGNATURE TUNA LOVERS

TUNA, WHOLE GRAIN BREAD, AVOCADO, LETTUCE, TOMATO, OLIVE OIL, LEMON, DILL, RED ONIONS, MAYO, DIJON | \$11



TOASTS

PB GRANOLA

PEANUT BUTTER, BANANA, BLUEBERRY, CHIA SEEDS, CHOCOLATE, GRANOLUST | \$8

THE CLASSIC

AVOCADO, LEMON, OLIVE OIL, CUCUMBER, EVERYTHING BAGEL SEASONING, ALFALFA SPROUTS | \$9



CAPRESE FETA

AVOCADO, CHERRY TOMATO, RED ONION, LEMON, OLIVE OIL, BASIL, FETA, BALSAMIC GLAZE | \$9

SMOKED SALMON

AVOCADO, GOAT CHEESE, SMOKED SALMON, LEMON, OLIVE OIL, RED ONION, DILL | \$12.50



PROTEIN BALLS

VITA PROTEIN BALLS

GLUTEN FREE OATS, VANILLA PROTEIN POWDER, CHIA SEEDS, HEMP HEARTS, MAPLE SYRUP, HONEY, SLICED ALMONDS, CHOCOLATE CHIPS, PEANUT BUTTER, CINNAMON, ALMOND MILK | \$2.50 /EACH

COFFEE

ESPRESSO | \$2.50

DOUBLE ESPRESSO | \$3.25

MACCHIATO | \$3.00

CAPPUCCINO | \$3.75

AMERICANO | \$3.95

CAFFE LATTE | \$4.00

ICED LATTE | \$5.25

SWEETENERS (+\$0.50)

HAZELNUT SYRUP

VANILLA SYRUP

MAPLE SYRUP

HONEY

*MILK SUBSTITUTIONS

ALMOND MILK / OAT MILK /
MACADAMIA MILK (+\$0.50)

