



WINE

RED

Pinot Noir	\$4
Cabernet Sauvignon	\$4
Merlot	\$4

WHITE

Dry Rose	\$4
Sauvignon Blanc	\$4
Pinot Grigio	\$4

BEER

CANS

12 oz Domestic	\$4
12 oz Craft	\$4.5

BOTTLES

Domestic	\$4
Craft	\$4.5

PROTEIN SMOOTHIES

12, 16, or 20 oz

Peach/Mango	\$4.5 \$5.5 \$6.5
Orange/Guava	\$4.5 \$5.5 \$6.5
Raspberry	\$4.5 \$5.5 \$6.5
Matcha	\$5 \$6 \$7
Chai	\$5 \$6 \$7
Pumpkin Chai	\$5 \$6 \$7
Pumpkin Chocolate	\$5 \$6 \$7
*Chocolate PB	\$5 \$6 \$7
*Chocolate PB Espresso	\$6 \$7 \$8

All smoothies can be made dairy-free
and/or without protein powder

HAPPY HOUR | MON-FRI
3-6 PM | 20% OFF WINE & BEER

*MENU ITEMS COULD CONTAIN ANY OF THE
MAJOR 9 FOOD ALLERGENS.
PLEASE ASK STAFF FOR MORE INFO

C O F F E E (12, 16, or 20 oz)

Latte	\$4 \$4.5 \$5
Mocha	\$4.5 \$5 \$5.5
Americano	\$2.75 \$2.75 \$3.25
Drip Coffee	\$1.25 \$1.5 \$1.75
Cold Brew Coffee	\$4 \$4.5 \$5
Chai	\$4.5 \$5 \$5.5
Matcha	\$5 \$5.5 \$6

A D D - O N S

Espresso Shot	\$1 ea
Non-Dairy Milk	\$1
Flavoring	\$0.5 ea

D R I N K S

Aquafina Water	\$1
Bubly	\$1.25
Celsius	\$3.25
Coconut Water	\$2.25
Gatorade 20oz	\$2
Juice Box	\$1
Organic Protein	\$3.5
Premier Protein	\$3.5
Reign	\$3.25

S N A C K S

Barebells Protein Bar	\$3.5
Beef Jerky Sticks	\$2.5
Breakfast Burrito	\$6
Clif Bar	\$2
*Energy Bites (Toasted coconut or double chocolate)	\$3.75
GoGo Apple Sauce	\$1.25
Kate's Real Food Bar	\$3
Honey Stinger	\$3
Noosa Yogurt	\$2.5
Oatmeal	\$2.75
Pirate Booty Puffs	\$1.25
Pretzels	\$1
RX Bar	\$2
Sargento Balance	\$3
Skinny Popcorn	\$1.25
String Cheese	\$0.75
Trail Mix Pack	\$1.25

*Menu items could contain any of the major 9 food allergens. Please ask staff for more info

STAFFED HOURS

8 AM - 12 PM SATURDAYS