

smoothies

16oz - 10

green machine

spinach, honeydew, avocado, banana, orange, hemp hearts

mango tango

mango, pineapple, vanilla yogurt, orange, turmeric

cherry berry

coconut water, cherry, strawberry, blueberry, banana, chia seeds

guava glow

dragon fruit, mango, guava, collagen

that's my jam

concord grape, blueberry, strawberry, peanut butter, flax meal

shakes

16oz - 11

matchacado

20g vanilla whey protein, matcha, avocado, banana, collagen, almond milk

cherry chill

20g vanilla whey protein, pomegranate, cherry, chia seeds

true blue - 2.0

20g vanilla whey protein, 8g coconut vanilla spirulina, coconut water, pineapple, banana

banana buzz

20g vanilla whey protein, almond butter, banana, double shot espresso, choice of milk

peanut butter cup

20g chocolate whey protein, chocolate, peanut butter, banana, choice of milk

body builder

40g vanilla or chocolate plant protein, 10g creatine, banana, choice of milk

boosters — 2

5g collagen

5g creatine

5g get lean

5g ashwagandha

5g maca powder

proteins — 2

20g whey (vanilla, chocolate, unflavored)

20g plant (vanilla, chocolate)

8g spirulina (vanilla coconut)

add-ins — 1

10g chia seeds

10g hemp hearts

10g flax meal

espresso shot

milk choices almond, coconut, oat, skim, 2%, whole

Chromium

coffee & tea

12oz/16oz

midtown private label drip	3/4
café au lait	3/4
redeye	4/5
chai tea latte	4/5
hot tea	3

draft

cold brew (12oz)	7
coconut ube latte (12oz) — <i>new</i>	7

espresso

single / double	3/4
macchiato (3oz)	3
cortado (4oz)	4
latte	4/5
cappuccino	4/5
flat white	4/5
americano	4/5
mocha (dark or white chocolate)	5/6

specialty

matcha latte	7/8
blueberry espresso tonic	4/5
honey lavender latte	5/6
toasted coconut cortado (4oz)	4

flavors — .50

vanilla	hazelnut
sf vanilla	sf hazelnut
caramel	seasonal

add-ins

espresso shot — 1
whipped cream — .50

milk choices

almond	skim
coconut	2%
oat	whole