

smoothies

16oz

green machine

10

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

mango tango

10

mango, pineapple, vanilla yogurt, orange, turmeric

cherry chill

11

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

carrot cake

11

20g vanilla whey protein, carrot, pineapple, banana, date, flax meal, cinnamon

banana buzz

11

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

peanut butter cup

11

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

proteins — 2

20g whey (vanilla, chocolate, unflavored)

20g plant (vanilla, chocolate)

8g spirulina (vanilla coconut)

boosters — 2

5g - collagen, creatine, get lean, ashwagandha, maca powder

smoothie add-ins — 1

10g - chia seeds, hemp hearts, flax meal

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

add espresso shot - 1

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
horchata 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

peppermint mocha (dark or white chocolate)	5/6
gingerbread latte	5/6
eggnog latte — <i>new</i>	5/6
hot chocolate (dark or white chocolate)	2/3

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

add flavor - .50

vanilla, sf vanilla, caramel, hazelnut, sf hazelnut, seasonal

add espresso shot - 1

add whipped cream - .50