



## Smoothies

*Add protein:* Whey (chocolate or vanilla) \$1; Plant (vanilla) \$2  
*Substitute Almond Milk \$1*  
*Add in's:* Avocado, peanut butter, or PB2 \$1; Spinach, Flax Seed, Chia Seed, Coconut, Immune Support, or Espresso \$0.50

### Classic ..... \$5

- Berries A'More** - Four berry puree, banana
- Blueberry Blitz** - Blueberry banana puree, banana
- Mango Tango** - Mango Puree, banana
- Strawberry Classic** - Strawberry puree, banana
- Slim Peach** - Peach, pear and apricot puree, strawberries
- Hawaiian Harvest** - Pineapple paradise puree, banana
- Lean Green** - Fresh spinach, pineapple, banana, strawberries, coconut, orange juice, a blend of spices

### Protein Punch..... \$6

- Banana Nut Blast** - Skim Milk, banana, vanilla protein, peanut butter
- Snickerdoodle** - Skim milk, vanilla cream, vanilla protein, vanilla extract, flax seed oil, cinnamon
- Peanut Butter Cup** - Skim milk, peanut butter, chocoholic's choice, chocolate protein
- Banana Split** - Skim milk, strawberry puree, banana, chocoholic's choice, vanilla protein
- Oreo Cookie Crunch** - Skim milk, Oreo, chocoholic's choice, chocolate protein
- The Calorie Monster** - Milk, peanut butter, banana, oats, strawberries, two scoops vanilla or chocolate protein
- Java Jolt** - Skim milk, ground espresso beans, mocha latte, vanilla or chocolate protein
- Breakfast of Champions** - Skim milk, peanut butter, craisins, granola, flaxseed oil, vanilla protein
- Grand Slam** - Skim milk, peanut butter, salted caramel, vanilla protein

## Hydrators..... \$2.50

Relax and refresh with other our fruit inspired Hydrators  
 Fresh fruit slices added to each drink  
 Add an Immunity Boost for \$0.50

Base	Flavor
Water	Raspberry
Iced Tea	Strawberry
Lemonade	Peach

## Coffees & Teas

### House or Flavored Coffee ..... \$1.50 - \$2.00

Small..... \$1.50  
 Large.....\$2.00  
 Refill.....\$0.50

### Tea- Hot or Iced..... \$1

Shot in the dark.... Extra \$0.50

Purchase a ten-punch coffee card for \$5, get the 11<sup>th</sup> free

### Specialty Coffees/Lattes

Small..... \$3.00, Large.....\$4.00  
 Substitute almond milk \$1

- Mocha** - espresso, chocolate, steamed milk, whip cream
- Caramel** - espresso, caramel, steamed milk, whip cream
- White Chocolate** - espresso, white chocolate, steamed milk, whip cream
- Vanilla** - espresso, vanilla, steamed milk, whip cream
- Peppermint** - espresso, peppermint, chocolate, steamed milk, whip cream
- Chai** - tea, warm skim milk, add a shot of espresso for an extra \$0.50

### Iced Coffee..... \$2.50

Add flavoring: Caramel or Mocha

### Hot Chocolate

Small..... \$2.50, Large.....\$3.00

- Regular** - chocolate, milk, whip cream
- Caramel** - caramel, milk, whip cream
- White Mocha** - chocolate, white chocolate, milk, whip cream



### Hours of Operation

- Monday - Thursday: 5:30 a.m. to 7:30 p.m.
- Friday: 5:30 a.m. to 6:30 p.m.
- Saturday: 8:30 a.m. to 12:30 p.m.
- Sunday: 12:30 p.m. to 2:00 p.m.

*Some menu items may not be available all day.*

*Smoothies and coffee are available even when café is closed.*

Dine in or take out!

Call 231.924.1601 to order



# Breakfast

<b>Burrito</b> .....	<b>\$4.50</b>
Add meat to any item: Chicken, Steak, Shrimp, Bacon \$1	
<b>Ranchero</b> Scrambled egg, avocado, black beans, cheddar, cilantro, salsa	
<b>Farmer</b> Scrambled egg, peppers, onions, tomatoes, cheddar jack	
<b>Spinach</b> Scrambled egg, spinach, peppers, feta	
<b>Yogurt or Oatmeal</b> .....	<b>\$3</b>
Almonds                      Cinnamon                      Granola	
Apples                         Coconut                         Strawberries	
Banana                         Walnuts                         Blueberries	
Dried Cranberries	
<b>California Smoothie Bowl</b> .....	<b>\$7</b>
Start off with our Green Smoothie and we top it with banana, strawberries, granola and coconut	



# Just for Kids

<b>Kids Combo</b> .....	<b>\$5</b>
Comes with choice of entrée below, veggie and a 12 oz classic smoothie or refresher. <i>*Must be 12 and under</i>	
<b>Grilled Cheese</b> Add ham and any veggies	
<b>Mini Salad</b> Choose anyone of our salads or create your own	
<b>Mini Quesadilla</b> Chose any of our quesadilla options or create your own	
<b>PB Banana Rollup</b> Banana rolled in tortilla, peanut butter.	

# Lunch and Dinner

Add Meat to any wrap, salad, burrito or bowl  
Chicken, Steak, Shrimp, Bacon \$2

<b>Wraps and Salads</b> Choose one of our wraps: Spinach, Honey Wheat or Cheddar Jalapeno or make it a salad	
<b>Santa Fe</b> .....	<b>\$6</b>
Romaine, tomatoes, black beans, avocado, cheddar jack cheese, corn, salsa, sour cream	
<b>Caesar</b> .....	<b>\$5</b>
Romaine, parmesan cheese, wonton strips, caesar dressing	
<b>Veggie</b> .....	<b>\$6</b>
Romaine, black bean, tomato, cucumber, pepper, onion, hummus	
<b>Market</b> .....	<b>\$6</b>
Spinach, apples, dried cranberries, cucumbers, red onion, almonds, walnuts, feta, raspberry vinaigrette	
<b>Twisted Teriyaki</b> .....	<b>\$6</b>
Edamame, crispy wontons, broccoli, carrots, cucumber, green onions, sesame seeds, red cabbage, teriyaki	
<b>Greek</b> .....	<b>\$6</b>
Romaine, tomato, cucumber, red onion, black olives, feta, croutons	
<b>Spicy Shrimp</b> .....	<b>\$7.50</b>
Shrimp, shredded zucchini, shredded carrots, cabbage, peppers, sriracha sauce	



<b>Flat Bread Grilled Cheese</b> .....	<b>\$4.50</b>
Add Meat: Ham, Bacon or Avocado \$1 Add Veggies: No Charge	
<b>Soups</b> Ask for our soups of the day Cup..... \$3.50 Bowl.....\$4.50	
<b>Soup and small salad combo</b> .....	<b>\$6</b>
Small Salad of choice with a cup of soup	



<b>Burritos and Bowls</b> Choose one of our wraps: Spinach, Honey Wheat or Cheddar Jalapeno or make it a bowl: Brown Rice/Quinoa or Rice Noodles	
<b>Santa Fe</b> .....	<b>\$6</b>
Tomatoes, black beans, avocado, cheddar jack cheese, corn, salsa, sour cream	
<b>Caesar</b> .....	<b>\$5</b>
Parmesan cheese, wonton strips, Caesar dressing	
<b>Veggie</b> .....	<b>\$6</b>
Black bean, tomato, cucumber, pepper, onion, hummus	
<b>Market</b> .....	<b>\$6</b>
Apples, dried cranberries, cucumbers, red onion, almonds, walnuts, feta, raspberry vinaigrette	
<b>Twisted Teriyaki</b> .....	<b>\$6</b>
Edamame, crispy wontons, broccoli, carrots, cucumber, green onions, sesame seeds, red cabbage, teriyaki	
<b>Spicy Shrimp</b> .....	<b>\$7.50</b>
Shrimp, shredded zucchini, shredded carrots, cabbage, peppers, sriracha sauce	

<b>Quesadilla</b> Add Meat: Chicken, Steak, Shrimp, Bacon \$2		
<b>Santa Fe</b> .....	<b>\$6</b>	
Tomatoes, black beans, avocado, cheddar jack cheese, corn		
<b>Fajita</b> .....	<b>\$6</b>	
Red onion, pepper		
<b>Ranchero</b> .....	<b>\$6</b>	
Cheddar, black beans, avocado, cilantro		
<b>Spinach</b> .....	<b>\$6</b>	
Spinach, pepper, cheddar jack, feta		
<b>Cheese</b> .....	<b>\$5</b>	
<b>Build your own</b> .....	<b>\$6</b>	
Choose any of these great toppings:		
Peppers	Onions	Black Olives
Black Beans	Corn	Spinach
Cilantro	Tomato	Avocado