



SMOOTHIES

VERY BERRY 7.50

STRAWBERRY, BLUEBERRY, RASPBERRY,
BANANA, BERRY COCONUT WATER

TROPICAL 7.50

PINEAPPLE, MANGO, BANANA, DRAGON
FRUIT, COCONUT WATER

STRAWBERRY BANANA 7.25

STRAWBERRY, BANANA, ACAI, HONEY,
MILK

PEANUT BUTTER AND JELLY 7.25

PEANUT BUTTER, STRAWBERRY, BANANA,
DATES, HONEY, MILK

COLD BREW CHILLER 7.50

COLD BREW, BANANA, PEANUT BUTTER,
HONEY, ESPRESSO GROUND, COCOA

BLUE MAJIK 7.25

PINEAPPLE, MANGO, BLUE SPIRULINA,
COCONUT WATER

SMOOTHIE ADD ONS:

VANILLA WHEY PROTEIN \$1.50

CHOCOLATE WHEY PROTEIN \$1.50

3 SEED BLEND \$1.00

CHECK OUT THE SPECIAL
BOARD FOR OUR ROTATING
LUNCH OPTIONS

PROTEIN SHAKES

RISE AND GRIND 8.50

CHOCOLATE WHEY PROTEIN, COLD BREW
COFFEE, PEANUT BUTTER, BANANA,
HONEY, ESPRESSO GROUND, COCOA

PEANUT BUTTER AND JELLY 8.25

VANILLA WHEY PROTEIN, MILK, PEANUT
BUTTER, STRAWBERRY, BANANA, DATES,
HONEY

FUNKY MONKEY 8.00

CHOCOLATE WHEY PROTEIN, MILK,
COCOA POWDER, BANANA, PEANUT
BUTTER

TROPICAL PARADISE 8.00

COCONUT PROTEIN POWDER, MANGO,
PINEAPPLE, BANANA, MILK

OATS & HONEY 8.25

VANILLA WHEY PROTEIN, BANANA,
HONEY, DATES, CINNAMON, OATS. MILK

SMOOTHIE BOWLS

CHILD SIZE 6.25
REGULAR SIZE 9.75

ACAI BOWL

ANTIOXADENT RICH ACAI BASE
TOPPED WITH BLUEBERRY,
RASPBERRY, STRAWBERRY, BANANA,
GRANOLA, ORGANIC 3 SEED BLEND
AND PEANUT BUTTER DRIZZLE

BLUE MAJIK BOWL

BLUE MAJIK BASE TOPPED WITH
PINEAPPLE, MANGO, BANANA, GRANOLA,
TOASTED COCONUT AND HONEY

SUNRISE BOWL

ACAI AND BLUE MAJIK BASE TOPPED WITH
STRAWBERRY, BANANA, 3 SEED BLEND,
TOASTED COCONUT, GRANOLA AND
PEANUT BUTTER DRIZZLE

LUNCH

LAKESIDE COBB SALAD 10.50

SPRING MIX GREENS, SHREDDED CHICKEN,
CHEDDAR CHEESE, BACON, HARD BOILED
EGG, SMASHED AVOCADO, CUCUMBERS,
RED ONION, CHERRY TOMATO AND
CREAMY AVOCADO RANCH DRESSING

SALAD OF THE WEEK PRICE VARIES

LAKESIDE CLUB 11.50

SLICED TURKEY, BACON, PROVOLONE,
ROMAINE, TOMATO, RED ONION,
SMASHED AVOCADO AND CHIPOTLE
MAYO

SANDWICH OF THE WEEK PRICE VARIES

BREAKFAST

STEEL CUT OATS 6.75

STEEL CUT OATS, ALMOND MILK,
STRAWBERRIES, BLUEBERRIES,
RASPBERRIES, PECANS, CINNAMON,
BROWN SUGAR

LOADED AVOCADO TOAST 8.25

TOASTED WHEAT BREAD, SMASHED
AVOCADO, 1 EGG, EVERYTHING
SEASONING, CHERRY TOMATO, ARUGULA,
PARMESAN CHEESE, BALSAMIC GLAZE

PEANUT BUTTER TOAST 6.25

TOASTED WHEAT BREAD, PEANUT
BUTTER, STRAWBERRIES, BLUEBERRIES,
BANANA, HONEY, 3 SEED BLEND

BAGEL SANDWICH 8.50

TOASTED EVERYTHING BAGEL WITH
CHEDDAR CHEESE, TURKEY BREAKFAST
SAUSAGE AND A SCRAMBLED EGG

BAGELS 4.00

EVERYTHING BAGEL OR FLAVOR OF THE
DAY WITH CREAM CHEESE OR PEANUT
BUTTER

CUP SOUP 5.50

BOWL OF SOUP 6.50