



BREAKFAST

BREAKFAST PANINIS ON MULTIGRAIN CIABATTA

- LEAN MACHINE** \$7.50
egg whites, spinach, tomato, basil, feta, pesto
339 calories 20g protein 33g carb (5g fiber) 12g fat (3g sat)
- GARDEN** \$7.50
egg, avocado, microgreens, tomato, garlic aioli
380 calories 20g protein 36g carb (3g fiber) 19g fat (3g sat)
- TEXAN** \$7.50
spicy sausage, jalapeno cheese, egg
460 calories 25g protein 32g carb (4g fiber) 23g fat (10g sat)

**BREAKFAST FRITTATAS
SERVED WITH FIELD GREEN SALAD**

- LEAN GREEN FRITTATA** \$8.50
egg whites, spinach, red pepper, parmesan cheese, green onion
127 calories 20g protein 5g carb (1g fiber) 4g fat (2g sat)
- COWBOY FRITTATA** \$8.50
eggs, sausage, parmesan cheese, red pepper, red onion
373 calories 23g protein 6g carb (1g fiber) 22g fat (7g sat)



OHANA POKE BOWL

AVOCADO, RED PEPPER, NORI, CUCUMBER, PICKLED RED ONION, SESAME

CHOICE OF BASE

- BROWN RICE**
298 calories 7g protein 53 carb (7g fiber) 7g fat (1g sat)
- FIELD GREENS**
96 calories 3g protein 12 carb (5g fiber) 5g fat (1g sat)

CHOICE OF SAUCE

- SRIRACHA AIOLI**
44 calories 0g protein 3 carb (0g fiber) 4g fat (1g sat)
- THAI**
53 calories 0g protein 3 carb (0g fiber) 4g fat (0g sat)
- PEANUT SATAY**
60 calories 3g protein 5 carb (1g fiber) 4g fat (1g sat)

CHOICE OF PROTEIN

- AHI TUNA*** \$12.00
122 calories 27g protein 0 carb (0g fiber) 1g fat (0g sat)
- CHICKEN** \$10.50
139 calories 26g protein 0 carb (0g fiber) 3g fat (1g sat)
- TOFU** \$10.50
123 calories 13g protein 4 carb (2g fiber) 7g fat (1g sat)



REFRESHMENTS

- COLECTIVO COFFEE (HOT & ICED)**
- 12 oz \$1.66
- 20oz \$2.27
- ASSORTED ICED TEAS** \$3.00
- ICED MATCHA PROTEIN LATTE** \$6.00
green tea matcha, vanilla whey, almond milk, ginger
160 calories 15 protein 15g carb (2g fiber) 6g Fat (1g sat)
- ICED TUMERIC PROTEIN LATTE** \$6.00
turmeric, ginger, nutmeg, almond milk, vanilla whey
160 calories 15 protein 15g carb (2g fiber) 6g fat (1g sat)



SALADS

- CHICKEN CAESAR** \$9.75
chicken, field greens, cornbread croutons, hard boiled egg, tomatoes, parmesan cheese, high protein caesar dressing
448 calories 44g protein 23g carb (8g fiber) 20g fat (6g sat)
- THAI BEEF SALAD** \$10.75
lean steak, field greens, red onion, red pepper, cilantro, basil, almonds, thai vinaigrette
295 calories 17g protein 10g carb (4g fiber) 22g fat (4g sat)
- BERRY BURST** \$9.75
chicken, field greens, candied walnuts, strawberries, blueberries, feta, pickled red onions, balsamic vinaigrette
442 calories 33g protein 12g carb (4g fiber) 30g fat (5g sat fat)
- CHIZZLED COBB** \$10.75
chicken, field greens, avocado, hard boiled egg, tomato, blue cheese, intense italian dressing
477 calories 42g protein 12g carb (5g fiber) 29g fat (6g sat)

IMPOSSIBLE BURGER

ENTIRELY PLANT-BASED BURGER THAT LOOKS AND TASTES LIKE A REGULAR BURGER. IT'S ALMOST IMPOSSIBLE HOW GOOD IT IS!

TOPPINGS

choice of cheese (pepper jack, cheddar, or swiss), ketchup, mustard, microgreens, tomato, red onion

- ORIGINAL** \$11.95
(MULTIGRAIN BUN)
606 calories 40g protein 49 carb (2g fiber) 28g Fat (19g sat)
- SLIM STYLE** \$11.95
406 calories 32g protein 19 carb (1g fiber) 23g Fat (17g sat)



*Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



PANINIS

ON MULTIGRAIN CIABATTA

THE CHAMP

chicken, mozzarella cheese, tomato, pesto
511 calories 43g protein 34g carb (5g fiber) 19g fat (6g sat)

BIG RED

lean steak, blue cheese, pickled red onion, garlic aioli, field greens
465 calories 25g protein 36g carb (4g fiber) 22g fat (7g sat)

CUT CUBAN

pulled pork, swiss cheese, dijon mustard, dill pickles
386 calories 34g protein 32g carb (5g fiber) 10g fat (3g sat)

KNOCKOUT

roasted turkey, pepper jack cheese, creamy avocado slaw
434 calories 35g protein 38g carb (1g fiber) 15g fat (5g sat)



\$9.45

\$12.50

\$9.95

\$10.50

ACAI BOWLS

PALISADE

acai, strawberries, vanilla yogurt, wheat germ, vanilla whey, banana, GF granola, chia seeds, tahini
340 calories 24g protein 47g carb 7g fiber 13g fat 2g sat

\$8.50

TARZAN

acai, pineapple, strawberries, orange juice, flaxseed, banana, GF granola, coconut
443 calories 6g protein 69g carb 9g fiber 17g fat 2g sat

\$8.50

ROCKY MOUNTAIN

acai, blueberries, peanut butter, banana, spinach, GF granola, hemp hearts, pepitas
459 calories 12g protein 57g carb 9g fiber 22g fat 3g sat

\$8.50

PARADISE

acai, raspberry, mango, apple juice, vanilla whey, GF granola, strawberry, banana
301 calories 19g protein 41g carb 10g fiber 5g fat 1g sat

\$8.50

STRAWBERRY LEMONADE

acai, strawberry, banana, vanilla yogurt, lemon juice, GF granola
349 calories 9g protein 64g carb 7g fiber 5g fat 2g sat

\$8.50

FLATBREADS

BUFFALO CHICKEN FLATBREAD

buffalo sauce, chicken, tomato, red onion, mozzarella, blue cheese
463 calories 36g protein 46g carb (4g fiber) 12g fat (5g sat)

\$9.75

SOPRANO FLATBREAD

sausage, tomato, red onion, red peppers, oregano, fresh mozzarella
465 calories 31g protein 32g carb (6g fiber) 25g fat (10g sat)

\$9.95

THAI CHICKEN FLATBREAD

peanut satay sauce, chicken, red pepper, red onion, mozzarella, parmesan, creamy avocado slaw, peanuts, sesame seeds, cilantro
420 calories 41g protein 39g carb (10g fiber) 25g fat (7g sat)

\$9.98

MARGHERITA FLATBREAD

tomato, basil, fresh mozzarella, oregano
297 calories 17g protein 28g carb (3g fiber) 11g fat (6g sat)

\$9.75

KIDS MENU

HIGH PROTEIN MAC N CHEESE

\$4.95

CHICKEN & CHEESE PANINI

\$4.99

KIDS SMOOTHIES

POPEYE

banana, peach, spinach, apple juice
187 calories 2g protein 47g carb (4g fiber) 1g fat (0g sat)

\$3.99

STRAWBERRY BANANA PEANUT BUTTER

strawberries, banana, peanut butter
153 calories 4g protein 29g carb 4g fiber 3g fat 0g sat

\$3.99



CRAFT PROTEIN SMOOTHIES

ALL SMOOTHIE BOOSTERS *vegan plant proteins available

\$1.00/ea

QUENCHER

coconut water, mint, vanilla yogurt, vanilla whey
379 calories 28g protein 58g carb 2g fiber 4.5g fat 2g sat
Booster MORINGA - detoxify & boost energy!
SPIRULINA - blue-green algae rich in antioxidants

\$6.49

HARMONIZER

blueberries, banana, vanilla whey
249 calories 16g protein 47g carb 6g fiber 2g fat 0g sat
Booster MACA - mood & energy boost!
CHIA SEED -energy, fiber & omega 3's!
PEANUT BUTTER - extra protein & healthy fats

\$6.49

SHOW OFF

raspberry, mango, ginger, apple juice, vanilla whey
315 calories 16g protein 61g carb 9g fiber 2g fat 0g sat
Booster FLAXSEED - fiber & heart health
HEMP HEARTS - heart health & glowing skin

\$6.49

STEAMROLLER

banana, peach, peanut butter, chocolate whey
293 calories 19g protein 46g carb 5g fiber 6g fat 1g sat
Booster MACA - mood & energy boost!
ASHWAGANDHA - focus, strength & stamina

\$6.49

SLIM STRAWBERRY

strawberries, vanilla whey
156 calories 15g protein 28g carb 5g fiber 3g fat 0g sat
Booster CHIA SEED -energy, fiber & omega 3's!

\$6.49

PINA COLADA

pineapple, banana, coconut milk, vanilla whey
349 calories 18g protein 47g carb 6g fiber 13g fat 4g sat
Booster CAMU CAMU - immune booster
FLAXSEED - fiber & heart health

\$6.49

SLAM DUNK \$6.49

strawberries, banana, orange juice, vanilla whey
305 calories 17g protein 58g carb 5g fiber 2g fat 0g sat
Booster CAMU CAMU - immune booster
HEMP HEARTS - heart health & glowing skin

G.O.A.T. \$6.49

coffee, banana, vanilla yogurt, chocolate whey
292 calories 19g protein 54g carb 3g fiber 4g fat 1g sat
Booster PEANUT BUTTER - extra protein & healthy fats

