

24/7 Fitness Bar



Coffee and teas

Hot Latte

cha, S'mores, Caramel, Vanilla,
Snickerdoodle, Vanilla Chai

Hot Cappuccino

Cold Frappe

Mocha, Caramel, Hazelnut

Hot Tea

Lemon Ginger, Chai, Black

Shakes

12 oz - \$7 | 16 oz - \$8 | 20 oz - \$9

Strawberry Cheesecake

A shake made with fresh strawberries
and Greek yogurt

Key Lime Pie

A Shake made with lime and graham
crackers

PB&J

A suprisingly refreshing shake from
your favorite snack, peanut butter &
jelly

The Bad Day

A dark chocolate shake

The Luau

A tropical shake with mango and peach

Add-Ins

Protein Scoop

Chocolate, Vanilla---\$1.00

Peanut Butter, Oreo,

Chips Ahoy-- \$1.50

Plant Based Protein

French Toast Banana,

Smores--- \$2.75

Pre-Workout scoop -- \$1.00

Creatine Scoop-- \$1.00

BCAAs -- \$1.00

Banana -- \$0.50

Whip Cream -- \$0.25

Military and First Responders 15% Discount