

## Smoothies

### Berry 7

Mixed berries, banana, spinach,  
greek yogurt, almond milk

(pre-workout, antioxidants, fiber, iron)

\*Whey Protein 2

(muscle growth, strength, exercise  
efficiency)

\*Glutamine 3

(anti-catabolic, support muscle  
function, post-workout)

\*Wheat Grass 2

(energy production, fiber, protein)

## Confections

Breakfast Pastry 3

Maddy's Donuts 4

\*Sunday's only

## Tea 4

### Iced

classic black, peach

### Rishi Tea

English breakfast, earl grey, jade cloud,  
turmeric ginger, tangerine ginger, peach  
blossom, peppermint rooibos, coconut  
oolong

## Coffee

### Espresso 2

Carabello "Tandem Espresso"

### Macchiato 2.5

espresso, dollop of steamed milk

### Cortado 3

espresso, steamed milk

### Cappuccino 3

espresso, steamed milk, foam

### Latte 4

espresso, texturized steamed milk

### Mocha 4.5

Espresso, steamed milk, Ghirardelli chocolate

### French Press 3

### Chai Tea Latte 4

### Flavor .50