

SHAREABLES

GUAC AND SALSA DUO
WITH CHIPS

Protein:8 g
Calories:420 kcal



HUMMUS PITA
Protein:10 g
Calories:290 kcal

NACHOS 420 kcal | 8 g
Add Ons: Chicken +\$5
Ground Beef +6
Paneer +5

CRISPY CHICKEN BITES 12PC
360 kcal | 48 g
Sauces: Honey Garlic
Sweet & Spicy
BBQ
Nashville



LETTUCE WRAP
Chicken: 536 kcal | 54 g
Tofu: 516 kcal | 44 g

FRESH JUICES

POWER DETOX

SWEET FRUIT MIX

IRON BOOST

TROPICAL HYDRATION



MENU

STAY FIT CAFE

PROTEIN SMOOTHIES 17oz

STAY FIT PROTEIN POWER \$ 13.99
Blueberry, Banana, Hemp & Chia seeds
420 kcal | P 43 g

BERRY BOOST \$ 12.99
Strawberry, Raspberry, Blueberry, Chia Seeds
390 kcal | P 40 g

PB FUEL \$ 12.99
Banana, Peanut Butter, Hemp
455 kcal | P 45 g

CHOCOLATE CORE \$ 12.99
Chocolate Chips, Banana, Almond Butter
450 kcal | P 42 g

TROPICAL CHARGE \$ 13.99
Mango, Pineapple, Hemp
450 kcal | P 36 g

STRAWBERRY MATCHA FLOW \$ 14.99
Strawberry, Mango, Premium Matcha
395 kcal | P 41 g

EMERALD ENERGY \$ 13.99
Spinach, Kale, Cucumber, Hemp
440 kcal | P 46 g



COFFEE & TEA +PROTEIN SCOOP \$2

ESPRESSO \$ 2.50

AMERICANO 10 oz \$ 3.50

LATTE 10 oz \$ 4.99

CAPPUCCINO 10 oz \$ 4.99

ICED LATTE 16 oz \$ 5.49
(VANILLA/ CARAMEL/ HAZLENUT/
SALTED CAREAMEL)

TEA (GREEN / EARL GREY / BLACK) \$ 2.99



We prepare food in a kitchen that handles common allergens. If you have allergies or dietary concerns please speak with our team before ordering.

KIDS MENU

CHEESE QUESADILLA \$ 9.99

MOZZARELLA STICKS (5 PCS) \$ 9.99

CHICKEN STRIPS (4 PCS) \$ 9.99

KIDS SMOOTHIE \$ 7.99

This menu is offered to assist you with your dietary needs and concerns, but you must be aware that cross-contamination can occur and consider this information seriously. Calories & protein shown for main items only. Side calories are listed separately and not included in item macros. Values may vary.