

FINS

SMOOTHIES

10

smoothie of the month

flamingo coconut milk, pitaya, banana, pineapple

nutty monkey almond milk, almond butter, banana, medjool dates, chia, choice of protein

the palms almond milk, kale, spinach, mango, banana, matcha

FRESH BAKED

scone of the week 4

croissant 4

ham & cheese croissant 5

muffin of the day 4

mini muffin 2

fins bar 5

JUICES

10

the bomb apple, carrot, ginger, kale, romaine, parsley, spinach

iron woman apple, celery, spinach, kale, lemon, ginger

sunrise beets, carrot, orange, ginger, turmeric

BITES

Coral bowl 10

base: pitaya, strawberry, banana, apple juice

toppings: banana, house made granola, hemp seeds, chia seeds

organic steel cut oatmeal 6

brown sugar

add berries or bananas 3

FINS parfait

non-fat greek yogurt, fresh berries, honey, house made granola **sm 6 lg 8**

bagel & lox 12

toasted bagel with smoked salmon, red onions, capers, cream cheese

ADDITIONAL SUPPLEMENTS

1

bee pollen
flax seeds
chia seeds
spirulina

almond butter
soy protein
wheat protein
hemp protein

JUICE SHOTS

4

feel good ginger, cayenne, lemon

go green wheatgrass

LATTES

7

matcha latte organic matcha

turmeric latte organic turmeric, ginger, coconut oil

chai latte

all made with your choice of milk