

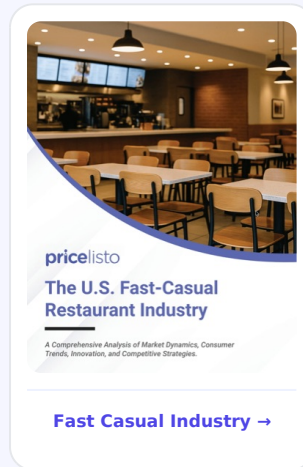


protein bar
& kitchen

Protein Bar

Menu Prices — September 16, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Popular Items	
ITEM	PRICE
Berry Good Vanilla whey protein, strawberries, blueberries and banana.	\$7.29
Breakfast Scramble	
ITEM	PRICE
Morning Mexicali 460 cal, 25 g. protein, 22 g. carbs. Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, avocado, chipotle y...	\$5.79
Sunrise Spinach & Pesto Scrambled whole eggs, housemade (and nut-free!) basil pesto, spinach, broccoli and parmesan cheese.	\$5.79
Big Bacon 370 cal, 34g protein, 21g carbs. Turkey bacon, cheddar, whole eggs scrambled with organic ghee.	\$6.29
Steak & Eggs 360 cal, 27g protein, 11g carbs. Steak, black beans, salsa, whole eggs scrambled with organic ghee.	\$7.29
AM Fall Protein Bowl Roasted cauliflower and butternut squash, kale, spinach, toasted almonds, hemp seed blend and microgreens.	\$6.49
Oatmeal Plus	

ITEM	PRICE
Peanut Butter & Acai Cal 410, 18g protein, 67g carbs. Organic peanut butter, acai puree, banana, hemp seed blend.	\$5.49
Apple Walnut Oatmeal Cinnamon spiced apples, toasted walnuts, and hemp seed blend.	\$5.49
Overnight Oats Cal 210, 4g protein, 34g carbs. Cold museli with oats, apple, banana, yogurt, maple syrup, almond milk topped with straw...	\$5.49
Maple Bacon Oatmeal 470 cal, 23g protein, 72g carbs. Oatmeal topped with turkey bacon, maple syrup and cheddar cheese.	\$5.79

Shakes	
ITEM	PRICE
Wrigley Peeled Chocolate protein, organic peanut butter, banana and organic agave nectar.	\$7.29
PB&J Vanilla protein, organic peanut butter, blueberries, strawberries and organic agave nectar.	\$7.29
The Perk Espresso protein, chocolate protein and house-made cocoa malt.	\$7.29
Avo-matcha Vanilla protein, matcha green tea, avocado and organic raw honey.	\$7.99
Jokes Acai'd Vanilla protein, acai berry, banana, blueberries and greek yogurt.	\$7.29
Berry Good (Shakes) Vanilla whey protein, strawberries, blueberries and banana.	\$7.29
Hippie Shake Vanilla whey protein, oats, banana, peanut butter, hemp cinnamon, almond milk, blended with ice.	\$7.99

ITEM	PRICE
Big Date Dates, cocoa nibs, banana, vanilla whey protein, and oat milk.	\$7.99
Beauty Brew Vital protein collagen, iced coffee, almond milk, vanilla whey protein, espresso protein. 170 calories, 31 g. protein, 2...	\$7.99
Smashing Pumpkin Pumpkin, cinnamon spiced apples, maple syrup, toasted almonds, vanilla whey protein and coconut milk topped with a pumpk...	\$7.99

Super Green Drinks

ITEM	PRICE
Health Nut Kale, spinach, green apple, banana, organic peanut butter, organic agave nectar and almond milk.	\$6.99
Hi-5 Kale, spinach, cilantro and pineapple blended with crushed ice.	\$6.99

Cold Pressed Juice (Bottle)

ITEM	PRICE
Market	\$7.99
Beetbox	\$7.99
Sweet Greens	\$7.99

Beverages

ITEM	PRICE
Water	\$2.19
GT's Kombucha	\$4.99
Health-Ade Kombucha Pink lady apple or lemon ginger.	\$4.99
San Pellegrino Sparkling Water	\$2.69
Spindrift Sparkling Water Grapefruit, raspberry lime, half & half.	\$2.69

Snacks

ITEM	PRICE
Buffalo Queso Tortilla Chips	\$2.49
Lime Jalapeño Tortilla Chips	\$2.49
Multigrain Tortilla Chips	\$1.99
Sweet Potato Chips	\$1.99
White Cheddar Popcorn	\$2.29
Power Up Trail Mix	\$1.99
Two Hard Boiled Eggs	\$2.49

ITEM	PRICE
Rx Bars Flavor choices to include chocolate peanut butter, chocolate sea salt and blueberry.	\$3.49
Protein Cookie	\$3.49
Protein Brownie	\$3.99
Popular Items	

ITEM	PRICE
Mexicali Bowl Cal 560, 34 g. protein, 41 g. carbs. All-natural chicken, corn, and black beans, cheddar cheese, kale, salsa, spicy toma...	\$10.49
Spinach & Pesto Bowl Cal 710, 39 g. protein, 39 g. carbs. All-natural chicken, housemade nut-free pesto, spinach and Parmesan cheese.	\$9.49
Berry Good Vanilla whey protein, strawberries, blueberries, and banana.	\$7.29
Steakhouse Ranch Bowl 490 cal, 25 g. protein, 41 g. carbs. All-natural steak, blue cheese, quinoa, radish, salsa, black beans, and Greek yogur...	\$11.49
Kale Caesar Salad Cal 550, 38 g. protein, 23 g. carbs. All-natural chicken, greens, avocado, tomatoes, Parmesan cheese, crispy Parmesan cr...	\$10.99
Healthy Club Salad Cal 470, 35 g. protein, 28 g. carbs. All-natural chicken, greens, crispy turkey bacon, avocado, carrot, pickled red onio...	\$10.99

Bowls	
ITEM	PRICE
Mexicali Bowl (Bowls) Cal 560, 34 g. protein, 41 g. carbs. All-natural chicken, corn, and black beans, cheddar cheese, kale, salsa, spicy toma...	\$10.49
Spinach & Pesto Bowl (Bowls) Cal 710, 39 g. protein, 39 g. carbs. All-natural chicken, housemade nut-free pesto, spinach and Parmesan cheese.	\$9.49
Basic Black Bean Bowl Cal 550, 38 g. protein, 55 g. carbs. Basic is better with all-natural chicken, black beans, salsa, and cheddar cheese.	\$9.49
Classic Buffalo Bowl Cal 400, 30 g. protein, 34 g. carbs. All-natural chicken, blue cheese, celery, carrots, and traditional buffalo sauce.	\$9.49
Spicy Korean Bowl Cal 420, 16g protein, 60g carbs. All-natural beef, diced cucumber, spinach, pickled carrots, house-made sweet and spicy...	\$11.49
Steakhouse Ranch Bowl (Bowls) 490 cal, 25 g. protein, 41 g. carbs. All-natural steak, blue cheese, quinoa, radish, salsa, black beans, and Greek yogur...	\$11.49
Salmon TLC Grilled salmon, black lentils, Thai curry sauce, turmeric chickpeas, pickled carrot, pickled onion, warm spinach and kal...	\$12.99
Fall Protein Bowl All-natural chicken, roasted cauliflower and butternut squash, egg, kale, spinach, toasted almonds, hemp seed blend, mic...	\$10.99
Sweet Potato Falafel Bowl Sweet potato falafel, house-made hummus, feta, cucumber, tomato, pickled onion, cilantro, organic quinoa, mixed greens a...	\$10.99

Salads	
ITEM	PRICE
Kale Caesar Salad (Salads) Cal 550, 38 g. protein, 23 g. carbs. All-natural chicken, greens, avocado, tomatoes, Parmesan cheese, crispy Parmesan cr...	\$10.99

ITEM	PRICE
Healthy Club Salad (Salads)	\$10.99
Cal 470, 35 g. protein, 28 g. carbs. All-natural chicken, greens, crispy turkey bacon, avocado, carrot, pickled red onio...	
Southwest Salad	\$10.99
All-natural chicken, black beans, organic quinoa, avocado, Cheddar, roasted corn, tomato, carrot, and cilantro lime dres...	
Superfood Salad	\$9.99
Cal 490, 23 g. protein, 33 g. carbs. Roasted tofu, carrot, chickpeas, avocado, spinach, kale, pickled red onion, celery,...	
Classic Buffalo Salad	\$9.99
Cal 280, 29 g. protein, 17 g. carbs. All-natural chicken, blue cheese, celery, carrots, cucumbers, and Greek yogurt buff...	
The Greek Salad	\$10.99
All-natural chicken, Feta, house-made hummus, tomato, cucumber, oregano, pickled red onion, and apple cider vinaigrette,...	
Harvest Salad	\$9.99
Butternut squash, organic rainbow carrots, honey sriracha walnuts, blue cheese, dried cranberries, kale, spinach, organi...	

Bar-Ritos

ITEM	PRICE
Mexicali	\$10.49
Cal 730, 49 g. protein, 59 g. carbs. All-natural chicken, corn, and black beans, cheddar cheese, kale, salsa, spicy toma...	
Spinach & Pesto	\$9.49
Cal 690, 48 g. protein, 67 g. carbs. All-natural chicken, quinoa, nut-free basil pesto, spinach and Parmesan cheese.	
Basic Black Bean	\$9.49
Cal 614, 48 g. protein, 67 g. carbs. Basic is better with all-natural chicken, black beans, salsa, and cheddar cheese.	
Classic Buffalo	\$9.49
Cal 520, 44g protein, 59g carbs. All-natural chicken, blue cheese, celery, carrots and traditional buffalo sauce.	
Spicy Korean	\$11.49
Cal 590, 31 g. protein, 89 g. carbs. All-natural beef, diced cucumber, spinach, pickled carrots, housemade sweet and spi...	
Steakhouse Ranch	\$11.49
610 cals, 37 g. protein, 56 g. carbs. All-natural steak, blue cheese, quinoa, radish, salsa, black beans, and Greek yogu...	

Wraps

ITEM	PRICE
Kale Caesar Wrap	\$10.99
690 cals, 50 g. protein, 34 g. carbs. All-natural chicken, greens, avocado, tomatoes, Parmesan cheese, crispy Parmesan c...	
Healthy Club Wrap	\$10.99
Cal 550, 46g protein, 50g carbs. All-natural chicken, greens, crispy turkey bacon, avocado, carrot, pickled red onion, t...	
Southwest Wrap	\$10.99
All-natural chicken, black beans, organic quinoa, avocado, Cheddar, roasted corn, tomato, carrot, and cilantro lime dres...	
Superfood Wrap	\$9.99
Cal 630, 34 g. protein, 57 g. carbs. Roasted tofu, carrot, chickpeas, avocado, spinach, kale, pickled red onion, celery,...	
Classic Buffalo Wrap	\$9.99
Cal 510, 44 g. protein, 39 g. carbs. All-natural chicken, blue cheese, celery, carrots, cucumbers, and Greek yogurt buff...	
The Greek Wrap	\$10.99
All-natural chicken, Feta, house-made hummus, tomato, cucumber, chickpeas, oregano, pickled red onion, and apple cider v...	
Harvest Wrap	\$9.99
Butternut squash, organic rainbow carrots, honey sriracha walnuts, blue cheese, dried cranberries, kale, spinach, organi...	

Shakes

ITEM	PRICE
Wrigley Peeled Chocolate protein, organic peanut butter, banana and organic agave nectar.	\$7.29
PB&J Vanilla protein, organic peanut butter, blueberries, strawberries, and organic agave nectar.	\$7.29
The Perk Contains gluten. Espresso protein, chocolate protein and housemade cocoa malt.	\$7.29
Avo-Matcha Vanilla protein, matcha green tea, avocado, and organic raw honey.	\$7.99
Jokes Acai'd Vanilla protein, acai berry, banana, blueberries, and Greek yogurt.	\$7.29
Big Date Dates, cocoa nibs, banana, vanilla whey protein, and oat milk.	\$7.99
Berry Good (Shakes) Vanilla whey protein, strawberries, blueberries, and banana.	\$7.29
Hippie Shake Cal 480, 31 g. protein, 37 g. carbs. Vanilla whey protein, oats, banana, peanut butter, hemp cinnamon, almond milk, blen...	\$7.99
Beauty Brew Vital protein collagen, iced coffee, almond milk, vanilla whey protein, espresso protein. 170 calories, 31 g. protein, 2...	\$7.99
Smashing Pumpkin Pumpkin, cinnamon spiced apples, maple syrup, toasted almonds, vanilla whey protein and coconut milk topped with a pumpk...	\$7.99

Super Green Drinks

ITEM	PRICE
Health Nut Kale, spinach, green apple, banana, organic peanut butter, organic agave nectar and almond milk.	\$6.99
Hi-5 Kale, spinach, cilantro, and pineapple blended with crushed ice.	\$6.99

Soups & Chilis

ITEM	PRICE
Chicken Chili Cal 400, 30 g. protein, 38 g. carbs. Classic chili packed with all-natural chicken, quinoa, beans, tomatoes, and spices...	\$4.99
Veggie Chili Zucchini, carrot, cauliflower, corn, onion, celery, tomato, soy protein, quinoa and zesty blend of seasonings topped wit...	\$4.99
Spicy Chickpea & Lentil Soup Organic blend of lentils, tomato, chickpea, onion, carrot, cilantro and Moroccan spices with riced cauliflower.	\$9.49

Snacks

ITEM	PRICE
Buffalo Queso Tortilla Chips	\$2.49
Lime Jalapeno Tortilla Chips	\$2.49
Multi-Grain Tortilla Chips	\$1.99

ITEM	PRICE
White Cheddar Popcorn	\$2.29
Sweet Potato Chips	\$1.99
Power up Trail Mix	\$1.99
RX Bars	\$3.49
Flavor choices to include chocolate peanut butter, chocolate sea salt and blueberry.	
Protein Cookie	\$3.49
Protein Brownie	\$3.99
Cold Pressed Juice (Bottle)	

ITEM	PRICE
Market	\$7.99
Beethox	\$7.99
Sweet Greens	\$7.99
Beverages	

ITEM	PRICE
Water	\$2.19
GT's Kombucha	\$4.99
Health-Ade Kombucha	\$4.99
Pink lady apple or lemon ginger.	
San Pellegrino Sparkling Water	\$2.69
Spindrift Sparkling Water	\$2.69
Bowls	

ITEM	PRICE
Mexicali Bowl	\$13.49
All-natural chicken, quinoa, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek...	
Buffalo Bowl	\$12.49
All-natural chicken, blue cheese, celery, rainbow carrots, green onions, and traditional Buffalo sauce [400 cals, 29g pr...	
Spinach and Pesto Bowl	\$12.49
All-natural chicken, nut-free pesto, baby spinach and parmesan [690 cals, 39g protein, 42g net carbs]	
Japanese BBQ Salmon Bowl	\$15.99
Salmon, roasted Japanese sweet potato, roasted mushrooms, red cabbage, Japanese BBQ sauce, organic quinoa, mixed greens,...	
Carnitas Bowl	\$13.49
Lean braised pork, salsa with tomato, corn, poblano pepper and black beans, PBK Guac, cotija cheese, adobo sauce, pickle...	
Black Bean Bowl	\$12.49
All-natural chicken, quinoa, black beans, fresh salsa and cheddar cheese [600 cals, 44g protein, 56g net carbs]	
Spicy Chick'n Bowl	\$12.49
Abbot's Butcher plant-based chick'n, black beans, PBK guac, salsa roja, organic quinoa, crunchy corn, and spicy chia dre...	
Summer Pro Bowl	\$13.99
All natural chicken, roasted tomatoes, mushrooms, spinach, kale, almonds, riced cauliflower and avocado crema [560 calor...	

Salads	
ITEM	PRICE
Southwest Salad All-natural chicken, black beans, organic rainbow carrots, PBK guac, cheddar, roasted corn, tomato, organic quinoa, roma...	\$13.49
Sonoma Salad All-natural chicken, organic quinoa, grapes, pickled onion, organic rainbow carrots, toasted almonds, green onion, goat...	\$13.49
Salmon Caesar Salad Salmon, parmesan crisps, grated parmesan, tomatoes, romaine, kale and yogurt Caesar [490 calories, 42g protein, 8g net c...	\$16.99
Cobb Salad All natural chicken, turkey bacon, sliced avocado, hard boiled egg, blue cheese, romaine and yogurt ranch [530 calories,...	\$13.99
Superfood Salad Organic roasted tofu, organic rainbow carrots, chickpeas, PBK Guac, baby spinach, kale, pickled red onion, celery, organ...	\$12.99
Peaches and Greens Salad Abbot's Butcher plant based chick'n, peaches, fresh mozzarella, almonds, arugula, tender greens and balsamic vinaigrette...	\$13.99

Shakes	
ITEM	PRICE
PBandJ Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave nectar [330cals, 2...	\$9.49
Wrigley Peeled Chocolate whey protein, almond milk, organic peanut butter, banana and organic agave nectar [520cals, 26g protein, 34g n...	\$9.49
The Perk Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [190cals, 24g protein, 11g net carbs]	\$9.49
Jokes Acai'd Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 74g net carbs]	\$9.49
Hippie Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 28g protein, 61g net carbs]	\$9.49
Ging and Juice Orange, pineapple, mango, carrots, ginger, vanilla whey protein and almond milk [190cals, 16g protein, 29g net carbs]	\$9.99
Keto Shake A specifically designed keto shake -- Peanut butter, almond milk, avocado, MCT oil, strawberry, spinach, kale, vanilla w...	\$10.99
Blue Heaven LIINA blue spirulina powder, Greek yogurt, banana, pineapple, organic agave and oat milk [350 calories, 15g protein, 43g...	\$9.99

Smoothies	
ITEM	PRICE
Zenergy Matcha green tea, avocado, raw organic honey and oat milk [300 calories, 3g protein, 43g net carbs]	\$9.99
Lean and Green Pineapple, celery, cucumber, lemon, spinach, parsley, organic honey, coconut water and multi-vitamin boost (vitamins...	\$9.99
Berry Banana Strawberry, blueberry, banana, organic agave and oat milk [330 calories, 4g protein, 60g net carbs]	\$8.99
Mango Cure Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Flu Fighter vitamin boost (vitamin c, zinc, echinac...	\$9.99
Tropic Thunder Pineapple, strawberry, mango, coconut water and lime [170 calories, 2g protein, 40g net carbs]	\$8.99

Acai Bowls & Parfaits

ITEM	PRICE
Triple Berry Acai Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [510 calories, 4g prot...	\$11.49
The Elvis Acai blended with organic peanut butter, banana and blueberries, topped with banana, chia seed, cinnamon and housemade g...	\$11.49
Coco Azul LIINA blue spirulina protein powder blended with pineapple, banana and coconut water, topped with strawberries, blueberr...	\$11.49
Honey Granola Parfait Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [310 cals, 16g protein, 37g net c...	\$8.99
Berry Banana Parfait Greek Yogurt, strawberries, blueberries, banana, chia seed and raw organic honey [330 cals, 17g protein, 43g net carbs]	\$8.99

Bar-ritos

ITEM	PRICE
Mexicali Bar-rito All-natural chicken, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt...	\$13.49
Buffalo Bar-rito All-natural chicken, blue cheese, celery, green onions, rainbow carrots and traditional Buffalo sauce [520 cals, 42g pro...	\$12.49
Black Bean Bar-rito All-natural chicken, quinoa, black beans, fresh salsa and cheddar cheese [640 cals, 49g protein, 56g net carbs]	\$12.49
Spinach and Pesto Bar-rito All-natural chicken, nut-free pesto, baby spinach and parmesan [670 cals, 47g protein, 39g net carbs]	\$13.49
Spicy Chick'n Bar-rito Abbot's Butcher plant-based chick'n, black beans, PBK guac, salsa roja, organic quinoa, crunchy corn, and spicy chia dre...	\$12.49
Carnitas Bar-rito Lean braised pork, salsa with tomato, corn, poblano pepper and black beans, PBK Guac, cotija cheese, adobo sauce, pickle...	\$13.49

Wraps

ITEM	PRICE
Southwest Wrap All-natural chicken, black beans, organic rainbow carrots, PBK guac, cheddar, roasted corn, tomato, organic quinoa, roma...	\$13.49
Cobb Wrap All natural chicken, turkey bacon, avocado, hard boiled egg, blue cheese, romaine and yogurt ranch [700 calories, 58g pr...	\$14.99
Sonoma Wrap All-natural chicken, organic quinoa, grapes, pickled onion, organic rainbow carrots, toasted almonds, green onion, goat...	\$13.49
Superfood Wrap Organic roasted tofu, organic rainbow carrots, chickpeas, PBK Guac, baby spinach, kale, pickled red onion, celery, organ...	\$13.99
Peaches and Greens Wrap Abbot's Butcher plant based chick'n, peaches, fresh mozzarella, almonds, arugula, tender greens and balsamic vinaigrette...	\$14.99

Soup + Chili

ITEM	PRICE
Chicken Chili Bowl Classic chili packed with all-natural chicken, organic quinoa, beans, tomatoes and spices topped with cheddar cheese, Gr...	\$11.99

ITEM	PRICE
Chicken Chili Cup Classic chili packed with all-natural chicken, quinoa, beans, tomatoes and spices topped with cheddar cheese and Greek y...	\$6.29
Tomato Soup Bowl Signature tomato basil soup topped with crispy parmesan and sprinkled with parsley [220 calories, 15g protein, 16g net c...	\$7.49
Tomato Soup Cup Signature tomato basil soup topped with crispy parmesan and sprinkled with parsley [220 cals, 15g protein, 16 net carbs]	\$4.19

Bottled Beverages

ITEM	PRICE
Heywell Strawberry	\$5.79
Spindrift - Grapefruit	\$2.99
Heywell Mango	\$5.79
Spindrift - Rasperry Lime	\$2.99
GT's Gingerade	\$5.79
San Pellegrino	\$2.99
Cold Brew	\$5.99
GT's Trilogy	\$5.79
Health Ade - Pink Lady	\$5.79
Culture Pop - Watermelon	\$3.49
Bottled Water	\$2.99
Health Ade - Tropical Punch Tea	\$5.79
Heywell Lime	\$5.79

Snacks

ITEM	PRICE
Protein Bakery Brownie	\$5.49
Protein Bakery Cookie	\$4.99
Late July Jalapeno Lime Chips	\$2.79
Hard Boiled Eggs (2)	\$2.79
Outstanding Cheese Balls - Chedda	\$3.99
Multi Grain Chips	\$2.49
Mid-Day Squares - Peanut Butter	\$4.99
RXBAR Chocolate Peanutbutter	\$3.89
Sweet Potato Chips	\$2.49
Chocolate Almonds	\$2.99
RXBAR Mixed Berry	\$3.89
Project 7 Sour Bears	\$3.99

Breakfast Bowls

ITEM	PRICE
Bacon, Egg and Cheese Bowl Turkey bacon, cheddar, whole eggs scrambled with organic ghee [350 cals, 36g protein, 4g net carbs]	\$8.79
Sunrise Spinach and Pesto Bowl Nut-free pesto, spinach and parmesan cheese, whole eggs scrambled with organic ghee [240 Cals, 20g protein, 2g net carbs...	\$8.79
AM Mexicali Bowl Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	\$8.79

Breakfast Bar-ritos

ITEM	PRICE
Bacon, Egg and Cheese Bar-rito Turkey bacon, cheddar, whole eggs scrambled with organic ghee [530 cals, 51g protein, 21g net carbs]	\$8.79
AM Mexicali Bar-rito Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	\$8.79
Sunrise Spinach and Pesto Bar-rito Spinach, nut-free pesto and parmesan, whole eggs scrambled with organic ghee [420 Cals, 35g protein, 19g net carbs]	\$8.79

Oatmeal Plus

ITEM	PRICE
Overnight Oats Chilled oats, apple, Greek yogurt, maple syrup, chia, almond milk, topped with banana, strawberry, blueberry and hemp se...	\$7.99
Almost Naked Oatmeal Organic oatmeal blend with banana and raw organic honey [360 cals, 13g protein, 54g net carbs]	\$6.29
Peanut Butter and Acai Organic peanut butter, acai puree, banana and hemp seed blend [460 cals, 13g protein, 63g net carbs]	\$7.99

Shakes

ITEM	PRICE
Wrigley Peeled Chocolate whey protein, almond milk, organic peanut butter, banana and organic agave nectar [520cals, 26g protein, 34g n...	\$9.49
The Perk Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [190cals, 24g protein, 11g net carbs]	\$9.49
PBandJ Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave nectar [330cals, 2...	\$9.49
Hippie Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 28g protein, 61g net carbs]	\$9.49
Keto Shake A specifically designed keto shake -- Peanut butter, almond milk, avocado, MCT oil, strawberry, spinach, kale, vanilla w...	\$10.99
Blue Heaven LIINA blue spirulina powder, Greek yogurt, banana, pineapple, organic agave and oat milk [350 calories, 15g protein, 43g...	\$9.99
Jokes Acai'd Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 74g net carbs]	\$9.49
Ging and Juice Orange, pineapple, mango, carrots, ginger, vanilla whey protein and almond milk [190cals, 16g protein, 29g net carbs]	\$9.99

Smoothies

ITEM	PRICE
Lean and Green Pineapple, celery, cucumber, lemon, spinach, parsley, organic honey, coconut water and multi-vitamin boost (vitamins...	\$9.99
Tropic Thunder Pineapple, strawberry, mango, coconut water and lime [170 calories, 2g protein, 40g net carbs]	\$8.99
Berry Banana Strawberry, blueberry, banana, organic agave and oat milk [330 calories, 4g protein, 60g net carbs]	\$8.99
Zenergy Matcha green tea, avocado, raw organic honey and oat milk [300 calories, 3g protein, 43g net carbs]	\$9.99
Mango Cure Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Flu Fighter vitamin boost (vitamin c, zinc, echinac...	\$9.99

Acai Bowls & Parfaits

ITEM	PRICE
The Elvis Acai blended with organic peanut butter, banana and blueberries, topped with banana, chia seed, cinnamon and housemade g...	\$11.49
Honey Granola Parfait Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [310 cals, 16g protein, 37g net c...	\$8.99
Triple Berry Acai Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [510 calories, 4g prot...	\$11.49
Berry Banana Parfait Greek Yogurt, strawberries, blueberries, banana, chia seed and raw organic honey [330 cals, 17g protein, 43g net carbs]	\$8.99
Coco Azul LIINA blue spirulina protein powder blended with pineapple, banana and coconut water, topped with strawberries, blueberr...	\$11.49

Bottled Beverages

ITEM	PRICE
Spindrift - Raspberry Lime	\$2.99
Spindrift - Grapefruit	\$2.99
Bottled Water	\$2.99
Culture Pop - Watermelon	\$3.49
GT's Gingerade	\$5.79
GT's Trilogy	\$5.79
Health Ade - Pink Lady	\$5.79
Health Ade - Tropical Punch Tea	\$5.79
San Pellegrino	\$2.99
Heywell Lime	\$5.79
Heywell Mango	\$5.79
Heywell Strawberry	\$5.79

Snacks

ITEM	PRICE
Protein Bakery Brownie	\$5.49
Hard Boiled Eggs (2)	\$2.79
Project 7 Sour Bears	\$3.99
Sweet Potato Chips	\$2.49
Unreal Almond Butter Cups	\$1.29
Chocolate Almonds	\$2.99
Protein Bakery Cookie	\$4.99
RXBAR Mixed Berry	\$3.89
RXBAR Chocolate Peanutbutter	\$3.89
Outstanding Cheese Balls - Chedda	\$3.99
Mid-Day Squares - Peanut Butter	\$4.99

Breakfast Bowls

ITEM	PRICE
Bacon, Egg and Cheese Bowl Turkey bacon, cheddar, whole eggs scrambled with organic ghee [350 cals, 36g protein, 4g net carbs]	\$8.79
Sunrise Spinach and Pesto Bowl Nut-free pesto, spinach and parmesan cheese, whole eggs scrambled with organic ghee [240 Cals, 20g protein, 2g net carbs...	\$8.79
AM Mexicali Bowl Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	\$8.79

Breakfast Bar-ritos

ITEM	PRICE
Sunrise Spinach and Pesto Bar-rito Spinach, nut-free pesto and parmesan, whole eggs scrambled with organic ghee [420 Cals, 35g protein, 19g net carbs]	\$8.79
Bacon, Egg and Cheese Bar-rito Turkey bacon, cheddar, whole eggs scrambled with organic ghee [530 cals, 51g protein, 21g net carbs]	\$8.79
AM Mexicali Bar-rito Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	\$8.79

Oatmeal Plus

ITEM	PRICE
Overnight Oats Chilled oats, apple, Greek yogurt, maple syrup, chia, almond milk, topped with banana, strawberry, blueberry and hemp se...	\$7.99
Almost Naked Oatmeal Organic oatmeal blend with banana and raw organic honey [360 cals, 13g protein, 54g net carbs]	\$6.29
Peanut Butter and Acai Organic peanut butter, acai puree, banana and hemp seed blend [460 cals, 13g protein, 63g net carbs]	\$7.99

Shakes

ITEM	PRICE
The Perk Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [190cals, 24g protein, 11g net carbs]	\$9.49
Ging and Juice Orange, pineapple, mango, carrots, ginger, vanilla whey protein and almond milk [190cals, 16g protein, 29g net carbs]	\$9.99
Wrigley Peeled Chocolate whey protein, almond milk, organic peanut butter, banana and organic agave nectar [520cals, 26g protein, 34g n...	\$9.49
PBandJ Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave nectar [330cals, 2...	\$9.49
Jokes Acai'd Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 74g net carbs]	\$9.49
Hippie Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 28g protein, 61g net carbs]	\$9.49
Blue Heaven LIINA blue spirulina powder, Greek yogurt, banana, pineapple, organic agave and oat milk [350 calories, 15g protein, 43g...	\$9.99
Keto Shake A specifically designed keto shake -- Peanut butter, almond milk, avocado, MCT oil, strawberry, spinach, kale, vanilla w...	\$10.99

Smoothies

ITEM	PRICE
Lean and Green Pineapple, celery, cucumber, lemon, spinach, parsley, organic honey, coconut water and multi-vitamin boost (vitamins...	\$9.99
Zenergy Matcha green tea, avocado, raw organic honey and oat milk [300 calories, 3g protein, 43g net carbs]	\$9.99
Berry Banana Strawberry, blueberry, banana, organic agave and oat milk [330 calories, 4g protein, 60g net carbs]	\$8.99
Mango Cure Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Flu Fighter vitamin boost (vitamin c, zinc, echinac...	\$9.99
Tropic Thunder Pineapple, strawberry, mango, coconut water and lime [170 calories, 2g protein, 40g net carbs]	\$8.99

Acai Bowls & Parfaits

ITEM	PRICE
Triple Berry Acai Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [510 calories, 4g prot...	\$11.49
Berry Banana Parfait Greek Yogurt, strawberries, blueberries, banana, chia seed and raw organic honey [330 cals, 17g protein, 43g net carbs]	\$8.99
The Elvis Acai blended with organic peanut butter, banana and blueberries, topped with banana, chia seed, cinnamon and housemade g...	\$11.49
Honey Granola Parfait Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [310 cals, 16g protein, 37g net c...	\$8.99

Bottled Beverages

ITEM	PRICE
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Health Ade - Pink Lady	\$5.79
Heywell Lime	\$5.79
Bottled Water	\$2.99
Culture Pop - Watermelon	\$3.49
Heywell Grapefruit	\$5.79
GT's Gingerade	\$5.79
GT's Trilogy	\$5.79
Health Ade - Tropical Punch Tea	\$5.79
Heywell Strawberry	\$5.79
San Pellegrino	\$2.99
Spindrift - Grapefruit	\$2.99
Spindrift - Raspberry Lime	\$2.99

Snacks

ITEM	PRICE
Protein Bakery Cookie	\$4.99
Mid-Day Squares - Peanut Butter	\$4.99
Chocolate Almonds	\$2.99
Unreal Almond Butter Cups	\$1.29
Hard Boiled Eggs (2)	\$2.79
Late July Jalapeno Lime Chips	\$2.79
Multi Grain Chips	\$2.49
Protein Bakery Brownie	\$5.49
RXBAR Mixed Berry	\$3.89
Project 7 Sour Bears	\$3.99
Sweet Potato Chips	\$2.49
RXBAR Chocolate Peanutbutter	\$3.89
Outstanding Cheese Balls - Chedda	\$3.99

Acai Bowls & Parfaits

ITEM	PRICE
Triple Berry Acai Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [530 cals, 5g protein,...	\$13.70
The Elvis Acai blended with organic peanut butter, banana and blueberries, topped with banana, chia seed, cinnamon and housemade g...	\$13.70
Honey Granola Parfait Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [330 cals, 21g protein, 40g net c...	\$10.49

ITEM	PRICE
Chia Berry Parfait Greek Yogurt, strawberries, blueberries, banana, chia seed and raw organic honey [340 cals, 21g protein, 41g net carbs]	\$10.49
Beach Bowl Base: mango, strawberry, banana, pineapple & vanilla whey protein - Topping: strawberry, banana, housemade granola & coc...	\$13.70
Power Berry Crunch Base: Acai berry, blueberry, banana & vanilla whey protein Topping: Cacao nibs, banana & housemade granola 670 cals,...	\$13.70
Nice Cream Base: Chocolate whey protein, organic peanut butter, cocoa malt, organic agave, avocado & oat milk Topping: Cacao nibs,...	\$13.70
Green Machine Bowl Vanilla plant based protein, strawberries, banana, kale, spinach, peanut butter, almond milk, topped with raw organic ho...	\$13.70
Wraps	

ITEM	PRICE
Southwest Wrap Grilled chicken, black beans, organic rainbow carrots, PBK Guac, cheddar, roasted corn, organic quinoa, tomatoes, romain...	\$14.99
Cobb Wrap Grilled chicken, turkey bacon, tomatoes, cucumber, sliced avocado, hard-boiled egg, blue cheese, romaine and yogurt ranc...	\$14.99
Superfood Wrap Organic roasted tofu, organic rainbow carrots, chickpeas, PBK Guac, baby spinach, kale, pickled red onion, celery, organ...	\$14.79
Chicken Caesar Wrap Grilled chicken, romaine, kale, tomatoes, parmesan crisps, grated parmesan, sliced avocado & Caesar dressing [970 calori...	\$14.79
Harvest Steak Wrap Seared steak, baby spinach, arugula, organic quinoa, roasted sweet potato, feta, balsamic vinaigrette & toasted almonds...	\$16.99
Green Goddess Wrap Grilled chicken, marinated mushrooms, cucumber, goat cheese, turmeric chickpeas, organic rainbow carrots, spinach, tende...	\$14.79

Salads	
ITEM	PRICE
Southwest Salad Grilled chicken, black beans, organic rainbow carrots, PBK Guac, cheddar, roasted corn, organic quinoa, tomatoes, romain...	\$13.99
Superfood Salad Organic roasted tofu, organic rainbow carrots, chickpeas, PBK Guac, baby spinach, kale, pickled red onion, celery, organ...	\$13.79
Chicken Caesar Salad Grilled chicken, romaine, kale, tomatoes, parmesan crisps, grated parmesan, sliced avocado & Caesar dressing [600 calori...	\$13.79
Harvest Steak Salad Seared steak, baby spinach, arugula, organic quinoa, roasted sweet potato, feta, balsamic vinaigrette & toasted almonds...	\$15.99
Cobb Salad Grilled chicken, turkey bacon, tomatoes, cucumber, sliced avocado, hard-boiled egg, blue cheese, romaine and yogurt ranc...	\$13.99
Green Goddess Salad Grilled chicken, marinated mushrooms, cucumber, goat cheese, turmeric chickpeas, organic rainbow carrots, spinach, tende...	\$13.79

Salmon Caesar Salad Salmon, parmesan crisps, grated parmesan, tomatoes, romaine, kale and yogurt Caesar [690 calories, 39g protein, 8g net c...	\$16.99
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Smoothies	
ITEM	PRICE

Mango Cure	\$10.49
Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Immunity boost (vitamin c, zinc, echinacea) [260 ca...	
Berry Banana	\$10.49
Strawberry, blueberry, banana, organic agave and oat milk [330 calories, 4g protein, 60g net carbs]	
Gr8 Greens	\$10.49
Pineapple, mango, banana, coconut water, spinach, kale, and organic honey [240 calories, 3g protein, 59g net carbs]	
Sweet Tart	\$10.49
Mango, acai berry, banana & coconut water [380 cals, 1g protein, 82g net carbs]	
Out Of Office	\$10.49
Mango, banana, coconut, pineapple juice, organic agave & LIINA blue spirulina protein [330 cals, 12g protein, 59g net ca...	

Snacks

ITEM	PRICE
Protein Bakery Cookie	\$4.99
PBK Guac and Chips	\$5.85
Unreal Almond Butter Cup	\$1.75
Chocolate Almond	\$2.99
Apple	\$1.75
Babybel - Original	\$3.50
Banana.	\$1.75
Cliff Bar Chocolate Peanut Butter	\$4.65
Everybody Eats Cheese-Less	\$3.50
FSTG Multi Grain Chips	\$2.99
FSTG Sweet Potato Chips	\$2.99
Hard Boiled Egg (2)	\$2.99
Hippeas Cheddar	\$2.49
Late July Jalapeno Lime Chips	\$2.99
Lesser Evil Popcorn	\$3.50
Protein Bakery Brownie	\$5.85
RXBAR AM Honey Cinnamon	\$4.65
RXBAR Blueberry	\$4.65
RXBAR Chocolate Peanut Butter	\$4.65
Simply Fruit Bite	\$5.85
Trail Mix	\$2.99
Unreal Nougat Bar Mini	\$1.49

Soup + Chili

ITEM	PRICE
Chicken Chili Bowl	\$11.49
Classic chili packed with all-natural chicken, organic quinoa, beans, tomatoes and spices topped with cheddar cheese, Gr...	

ITEM	PRICE
Chicken Chili Cup	\$7.99
Classic chili packed with all-natural chicken, quinoa, beans, tomatoes and spices topped with cheddar cheese and Greek y...	
Bottled Beverages	
ITEM	PRICE
Culture Pop - Watermelon	\$3.49
Spindrift Grapefruit	\$3.25
Celsius Orange	\$5.85
Celsius Tropical	\$5.85
Celsius Watermelon	\$5.85
Cold Brew	\$5.99
Culture Pop Black Cherry	\$3.49
GTs Gingerade (SM)	\$4.65
GTs Trilogy (SM)	\$4.65
Heywell Lime	\$5.85
Heywell Mango	\$5.85
Kirra Lychee	\$4.65
Kirra Mango	\$4.65
Kirra Passion	\$4.65
PBK Rose Berry	\$4.49
PBK Spring Water	\$3.25
San Pellegrino	\$3.25
Simply Orange Juice	\$3.85
Spindrift Grapeade	\$3.25
Spindrift Island Punch	\$3.25
Spindrift Raspberry Lime	\$3.25
Burritos	
ITEM	PRICE
Mexicali Burrito	\$14.79
Roasted chicken, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt topp...	
Spinach and Pesto Burrito	\$13.59
Roasted chicken, nut-free pesto, spinach, roasted broccoli, organic quinoa & parmesan [750 cals, 42g protein, 70g net ca...	
Buffalo Burrito	\$12.79
Roasted chicken, blue cheese, celery, organic rainbow carrots, romaine, organic quinoa & traditional Buffalo sauce [580...	
Black Bean Burrito	\$12.79
Roasted chicken, quinoa, black beans, fresh salsa and cheddar cheese [710 calories, 43g protein, 85g net carbs]	
Miso Salmon Burrito	\$17.99
Salmon, brown rice, roasted sweet potato, braised kale, roasted broccoli, Creamy Miso dressing & crispy onions [1110 cal...	

ITEM	PRICE
Steak and Seoul Burrito Seared steak, Bitchin' Sauce, kimchi, pickled red onion, organic rainbow carrots, baby spinach, brown rice, Korean dress...	\$16.99
Chicago Med Burrito Roasted chicken, crispy chickpeas, cucumber, grape tomatoes, pickled onion, feta, romaine, red cabbage, brown rice, Srir...	\$14.79
Saigon Burrito Organic roasted tofu, peanuts, pickled onion, carrots, romaine, green onion, brown rice, fried onion crispies and carrot...	\$12.79

Shakes

ITEM	PRICE
PBandJ Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave [340cals, 20g prot...	\$10.49
Jokes Acai'd Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 75g net carbs]	\$10.49
The Perk Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [180cals, 23g protein, 12g net carbs]	\$10.49
Hippie Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 27g protein, 61g net carbs]	\$10.49
Wrigley Peeled Chocolate whey protein, almond milk, organic peanut butter and banana [490 cals, 25g protein, 26g net carbs]	\$10.49
Avo Matcha Vanilla whey protein, matcha green tea, avocado, almond milk and organic raw honey 260 calories, 15g protein, 26g ne...	\$11.99
Baywatch Strawberry, mango, banana, pineapple juice & vanilla plant-based protein [330 cals, 16g protein, 60g net carbs]	\$10.49
Big Date Cacao nibs, dates, banana, vanilla whey protein & oat milk [330 cals, 15g protein, 44g net carbs]	\$10.49
Cocoa Puff Chocolate whey protein, cocoa malt, cacao nibs, dates, avocado, & oat milk [320 cals, 15g protein, 23g net carbs]	\$10.49
Very Berry Strawberry, blueberry, banana, Greek yogurt, organic agave, vanilla whey protein & oat milk 290 calories, 20g protein...	\$10.49

Bowls

ITEM	PRICE
Mexicali Bowl Roasted chicken, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt topp...	\$13.79
Buffalo Bowl Roasted chicken, blue cheese, celery, organic rainbow carrots, romaine, organic quinoa & traditional Buffalo sauce [340...	\$11.79
Spinach and Pesto Bowl Roasted chicken, nut-free pesto, spinach, roasted broccoli, organic quinoa & parmesan [660cals, 37g protein, 43g net car...	\$12.59
Black Bean Bowl Roasted chicken, quinoa, black beans, fresh salsa and cheddar cheese [530 calories, 39g protein, 55g net carbs]	\$11.79
Miso Salmon Bowl Salmon, brown rice, roasted sweet potato, braised kale, roasted broccoli, Creamy Miso dressing & crispy onions [820 cals...	\$16.99
Steak and Seoul Bowl Seared steak, Bitchin' Sauce, kimchi, pickled red onion, organic rainbow carrots, baby spinach, brown rice, Korean dress...	\$15.99
Chicago Med Bowl Roasted chicken, crispy chickpeas, cucumber, grape tomatoes, pickled onion, feta, romaine, red cabbage, brown rice, Srir...	\$13.79

ITEM	PRICE
Saigon Bowl Organic roasted tofu, peanuts, pickled onion, carrots, romaine, green onion, brown rice, fried onion crispies and carrot...	\$11.79
Breakfast Bowls	
Steak and Eggs Bowl Eggs scrambled with organic grass-fed ghee, seared steak, avocado, salsa roja & parsley [340 calories, 32g protein, 2g n...	\$11.79
AM Mexicali Bowl Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, cilantro, chipotle yogurt, whole eggs scrambled...	\$8.79
Bacon, Egg and Cheese Bowl Turkey bacon, cheddar, whole eggs scrambled with organic ghee [350 cals, 37g protein, 4g net carbs]	\$8.79
Sunrise Spinach and Pesto Bowl Nut-free pesto, spinach and parmesan cheese, whole eggs scrambled with organic ghee [240 Cals, 20g protein, 2g net carbs...	\$8.79
Morning Goddess Bowl Arugula, roasted button mushroom, goat cheese, Goddess dressing, eggs scrambled with organic ghee [340 cals, 19g protein...	\$8.79
Shakes	
Baywatch Strawberry, mango, banana, pineapple juice & vanilla plant-based protein [330 cals, 16g protein, 60g net carbs]	\$10.49
Big Date Cacao nibs, dates, banana, vanilla whey protein & oat milk [330 cals, 15g protein, 44g net carbs]	\$10.49
Cocoa Puff Chocolate whey protein, cocoa malt, cacao nibs, dates, avocado, & oat milk [320 cals, 15g protein, 23g net carbs]	\$10.49
Hippie Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 27g protein, 61g net carbs]	\$10.49
Jokes Acai'd Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 75g net carbs]	\$10.49
PBandJ Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave [340cals, 20g prot...	\$10.49
The Perk Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [180cals, 23g protein, 12g net carbs]	\$10.49
Very Berry Strawberry, blueberry, banana, Greek yogurt, organic agave, vanilla whey protein & oat milk 290 calories, 20g protein...	\$10.49
Wrigley Peeled Chocolate whey protein, almond milk, organic peanut butter and banana [490 cals, 25g protein, 26g net carbs]	\$10.49
Acai Bowls & Parfaits	
Beach Bowl Base: mango, strawberry, banana, pineapple & vanilla whey protein - Topping: strawberry, banana, housemade granola & coc...	\$13.70
Power Berry Crunch Base: Acai berry, blueberry, banana & vanilla whey protein Topping: Cacao nibs, banana & housemade granola 670 cals,...	\$13.70
Nice Cream Base: Chocolate whey protein, organic peanut butter, cocoa malt, organic agave, avocado & oat milk Topping: Cacao nibs,...	\$13.70

ITEM	PRICE
Triple Berry Acai	\$13.70
Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [530 cals, 5g protein,...	
Green Machine Bowl	\$13.70
Vanilla plant based protein, strawberries, banana, kale, spinach, peanut butter, almond milk, topped with raw organic ho...	
The Elvis	\$13.70
Acai blended with organic peanut butter, banana and blueberries, topped with banana, chia seed, cinnamon and housemade g...	
Chia Berry Parfait	\$10.49
Greek Yogurt, strawberries, blueberries, banana, chia seed and raw organic honey [340 cals, 21g protein, 41g net carbs]	
Honey Granola Parfait	\$10.49
Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [330 cals, 21g protein, 40g net c...	
Oatmeal Plus	

ITEM	PRICE
Overnight Oats	\$7.99
Chilled oats, apple, Greek yogurt, maple syrup, chia, almond milk, topped with banana, strawberry, blueberry and hemp se...	
Peanut Butter and Acai	\$7.29
Organic peanut butter, acai puree, banana and hemp seed blend [460 cals, 13g protein, 63g net carbs]	
Almost Naked Oatmeal	\$6.29
Organic oatmeal blend with banana and raw organic honey [320 cals, 10g protein, 50g net carbs]	

Smoothies	
ITEM	PRICE
Berry Banana	\$10.49
Strawberry, blueberry, banana, organic agave and oat milk [330 calories, 4g protein, 60g net carbs]	
Gr8 Greens	\$10.49
Pineapple, mango, banana, coconut water, spinach, kale, and organic honey [240 calories, 3g protein, 59g net carbs]	
Sweet Tart	\$10.49
Mango, acai berry, banana & coconut water [380 cals, 1g protein, 82g net carbs]	
Mango Cure	\$10.49
Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Immunity boost (vitamin c, zinc, echinacea) [260 ca...	
Out Of Office	\$10.49
Mango, banana, coconut, pineapple juice, organic agave & LIINA blue spirulina protein [330 cals, 12g protein, 59g net ca...	

Snacks	
ITEM	PRICE
PBK Guac and Chips	\$5.85
Protein Bakery Brownie	\$5.85
Protein Bakery Cookie	\$4.99
Simply Fruit Bite	\$5.85
RXBAR AM Honey Cinnamon	\$4.65
RXBAR Chocolate Peanut Butter	\$4.65
RXBAR Blueberry	\$4.65
Babybel - Original	\$3.50

ITEM	PRICE
Everybody Eats Cheese-Less	\$3.50
Lesser Evil Popcorn	\$3.50
Chocolate Almond	\$2.99
Late July Jalapeno Lime Chips	\$2.99
FSTG Multi Grain Chips	\$2.99
FSTG Sweet Potato Chips	\$2.99
Trail Mix	\$2.99
Hard Boiled Egg (2)	\$2.99
Unreal Nougat Bar Mini	\$1.49
Banana.	\$1.75
Unreal Almond Butter Cup	\$1.75
Apple	\$1.75

Bottled Beverages

ITEM	PRICE
Cold Brew	\$5.99
Celsius Watermelon	\$5.85
Celsius Orange	\$5.85
Heywell Lime	\$5.85
Heywell Mango	\$5.85
GTs Gingerade (SM)	\$4.65
GTs Trilogy (SM)	\$4.65
Kirra Lychee	\$4.65
Kirra Mango	\$4.65
Kirra Passion	\$4.65
Simply Orange Juice	\$3.85
Culture Pop - Watermelon	\$3.49
San Pellegrino	\$3.25
PBK Spring Water	\$3.25
Spindrift Grapefruit	\$3.25
Spindrift Island Punch	\$3.25
Spindrift Raspberry Lime	\$3.25

Breakfast Burritos

ITEM	PRICE

Steak and Eggs Burrito	\$12.79
Eggs scrambled with organic grass-fed ghee, seared steak, avocado, salsa roja & parsley [530 cals, 39g protein, 34g net...	
AM Mexicali Burrito	\$9.79
Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	
Bacon, Egg and Cheese Burrito	\$9.79
Turkey bacon, cheddar, whole eggs scrambled with organic ghee [550 cals, 41g protein, 36g net carbs]	
Sunrise Spinach and Pesto Burrito	\$9.79
Whole eggs scrambled with organic grass-fed ghee, spinach, nut-free pesto & parmesan [440 cals, 27g protein, 34g net car...	
Most Ordered	
ITEM	PRICE
Bacon, Egg and Cheese Bar-rito	\$8.79
Turkey bacon, cheddar, whole eggs scrambled with organic ghee [530 cals, 51g protein, 21g net carbs]	
Sunrise Spinach and Pesto Bowl	\$8.79
Nut-free pesto, spinach and parmesan cheese, whole eggs scrambled with organic ghee [240 Cals, 20g protein, 2g net carbs...	
AM Mexicali Bowl	\$8.79
Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	
The Perk	\$9.29
Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [190cals, 24g protein, 11g net carbs]	
Honey Granola Parfait	\$8.99
Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [310 cals, 16g protein, 37g net c...	
Bacon, Egg and Cheese Bowl	\$8.79
Turkey bacon, cheddar, whole eggs scrambled with organic ghee [350 cals, 36g protein, 4g net carbs]	
Triple Berry Acai	\$11.49
Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [510 calories, 4g prot...	
Keto Shake	\$10.79
A specifically designed keto shake -- Peanut butter, almond milk, avocado, MCT oil, strawberry, spinach, kale, vanilla w...	
Hippie	\$9.29
Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 28g protein, 61g net carbs]	
PBandJ	\$9.29
Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave [330cals, 21g prot...	
Wrigley Peeled	\$9.29
Chocolate whey protein, almond milk, organic peanut butter, banana and organic agave [520cals, 26g protein, 34g net carb...	
Jokes Acai'd	\$9.29
Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 74g net carbs]	

Breakfast Bowls	
ITEM	PRICE
AM Mexicali Bowl (Breakfast Bowls)	\$8.79
Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	
Sunrise Spinach and Pesto Bowl (Breakfast Bowls)	\$8.79
Nut-free pesto, spinach and parmesan cheese, whole eggs scrambled with organic ghee [240 Cals, 20g protein, 2g net carbs...	
Bacon, Egg and Cheese Bowl (Breakfast Bowls)	\$8.79
Turkey bacon, cheddar, whole eggs scrambled with organic ghee [350 cals, 36g protein, 4g net carbs]	

Shakes	
ITEM	PRICE

The Perk (Shakes)	\$9.29
Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [190cals, 24g protein, 11g net carbs]	
Jokes Acai'd (Shakes)	\$9.29
Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 74g net carbs]	
Wrigley Peeled (Shakes)	\$9.29
Chocolate whey protein, almond milk, organic peanut butter, banana and organic agave [520cals, 26g protein, 34g net carb...	
PBandJ (Shakes)	\$9.29
Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave [330cals, 21g prot...	
Hippie (Shakes)	\$9.29
Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 28g protein, 61g net carbs]	
Keto Shake (Shakes)	\$10.79
A specifically designed keto shake -- Peanut butter, almond milk, avocado, MCT oil, strawberry, spinach, kale, vanilla w...	
Blue Heaven	\$9.29
LIINA blue spirulina protein, Greek yogurt, banana, pineapple, organic agave and oat milk [240 calories, 15g protein, 27...	

Breakfast Bar-ritos

ITEM	PRICE
Bacon, Egg and Cheese Bar-rito (Breakfast Bar-ritos)	\$8.79
Turkey bacon, cheddar, whole eggs scrambled with organic ghee [530 cals, 51g protein, 21g net carbs]	
AM Mexicali Bar-rito	\$8.79
Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	
Sunrise Spinach and Pesto Bar-rito	\$8.79
Spinach, nut-free pesto and parmesan, whole eggs scrambled with organic ghee [420 Cals, 35g protein, 19g net carbs]	

Acai Bowls & Parfaits

ITEM	PRICE
Triple Berry Acai (Acai Bowls & Parfaits)	\$11.49
Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [510 calories, 4g prot...	
Power Plant Bowl	\$11.49
Vanilla plant based protein, strawberries, banana, kale, spinach, peanut butter, almond milk, raw organic honey and hous...	
The Elvis	\$11.49
Acai blended with organic peanut butter, banana and blueberries, topped with banana, chia seed, cinnamon and housemade g...	
Chia Berry	\$8.99
Greek Yogurt, strawberries, blueberries, banana, chia seed and raw organic honey [330 cals, 17g protein, 43g net carbs]	
Honey Granola Parfait (Acai Bowls & Parfaits)	\$8.99
Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [310 cals, 16g protein, 37g net c...	
Blue Crush Bowl	\$11.49
LIINA blue spirulina powder, pineapple, mango, strawberries, banana, orange juice, lime juice and coconut shreds 310...	

Oatmeal Plus

ITEM	PRICE
Almost Naked Oatmeal	\$6.29
Organic oatmeal blend with banana and raw organic honey [360 cals, 13g protein, 54g net carbs]	
Overnight Oats	\$7.99
Chilled oats, apple, Greek yogurt, maple syrup, chia, almond milk, topped with banana, strawberry, blueberry and hemp se...	
Peanut Butter and Acai	\$7.29
Organic peanut butter, acai puree, banana and hemp seed blend [460 cals, 13g protein, 63g net carbs]	

Snacks	
ITEM	PRICE
Late July Jalapeno Lime Chips	\$2.79
Mid-Day Squares - Peanut Butter	\$4.99
Protein Bakery Brownie	\$4.99
Protein Bakery Cookie	\$4.29
RXBAR Chocolate Peanutbutter	\$3.99
Sweet Potato Chips	\$2.49
Unreal Almond Butter Cup	\$1.49
Chocolate Almonds	\$2.99
Hard Boiled Eggs (2)	\$2.99

Smoothies	
ITEM	PRICE
Mermaid LIINA blue spirulina protein, banana, pineapple, mango, coconut water and orange juice [280 calories, 13g protein, 53g n...	\$9.29
Berry Banana Strawberry, blueberry, banana, organic agave and oat milk [330 calories, 4g protein, 60g net carbs]	\$9.29
Lean and Green Pineapple, celery, cucumber, lemon, spinach, parsley, organic honey, coconut water and multi-vitamin boost (vitamins...	\$10.29
Mango Cure Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Flu Fighter vitamin boost (vitamin c, zinc, echinac...	\$10.29
Sonic Refresher Cherries, mango, banana, lime, electrolytes and coconut water 180 calories, 2g protein, 42g net carbs	\$8.29
Tropic Thunder Pineapple, strawberry, mango, coconut water and lime [170 calories, 2g protein, 40g net carbs]	\$9.29

Bottled Beverages	
ITEM	PRICE
Culture Pop - Strawberry Rhubarb	\$3.49
Culture Pop - Watermelon	\$3.49
GTs Gingerade (SM)	\$4.49
GTs Trilogy (SM)	\$4.49
Heywell Mango	\$5.79
Heywell Strawberry	\$5.79
Just Ice Tea - Black Tea	\$4.99
Just Ice Tea - Peach Oolong	\$4.99
PBK Hibiscus Ginger	\$4.49
PBK Turmeric Tango	\$4.49

ITEM	PRICE
San Pellegrino	\$2.79
Spindrift - Grapefruit	\$2.99
Spindrift - Raspberry Lime	\$2.99
Bottled Water	\$2.99
Cold Brew	\$5.99