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Protein Bar

Protein Bar

Menu Prices — October 24, 2026

Protein Bar menu with prices in United States, updated April 2025: 512 items across 23 categories, prices from $1.29 to $17.99.

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Protein Bar Menu with Prices (United States)

Protein Bar menu with prices in United States, updated April 2025: 512 items across 23 categories, prices from $1.29 to $17.99. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/protein-bar

Menu categories: Popular Items · Breakfast Scramble · Oatmeal Plus · Shakes · Super Green Drinks · Cold Pressed Juice (Bottle) · Beverages · Snacks · Bowls · Salads · Bar-Ritos · Wraps · Soups & Chilis · Smoothies · Acai Bowls & Parfaits · Bar-ritos · Soup + Chili · Bottled Beverages · Breakfast Bowls · Breakfast Bar-ritos · Burritos · Breakfast Burritos · Most Ordered

Popular Items

ITEM	PRICE
Berry Good Vanilla whey protein, strawberries, blueberries and banana.	**$7.29**

Breakfast Scramble

ITEM	PRICE
Morning Mexicali 460 cals, 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 cals, 34g protein, 21g carbs. Turkey bacon, cheddar, whole eggs scrambled with organic ghee.	**$6.29**
Steak & Eggs 360 cals, 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**

ITEM	PRICE
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**
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**

ITEM	PRICE
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**
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**

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

Bar-Ritos

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

Wraps

ITEM	PRICE
Kale Caesar Wrap 690 cals, 50 g. protein, 34 g. carbs. All-natural chicken, greens, avocado, tomatoes, Parmesan cheese, crispy Parmesan c...	**$10.99**
Healthy Club Wrap Cal 550, 46g protein, 50g carbs. All-natural chicken, greens, crispy turkey bacon, avocado, carrot, pickled red onion, t...	**$10.99**
Southwest Wrap All-natural chicken, black beans, organic quinoa, avocado, Cheddar, roasted corn, tomato, carrot, and cilantro lime dres...	**$10.99**
Superfood Wrap Cal 630, 34 g. protein, 57 g. carbs. Roasted tofu, carrot, chickpeas, avocado, spinach, kale, pickled red onion, celery,...	**$9.99**

ITEM	PRICE
Classic Buffalo Wrap Cal 510, 44 g. protein, 39 g. carbs. All-natural chicken, blue cheese, celery, carrots, cucumbers, and Greek yogurt buff...	**$9.99**
The Greek Wrap All-natural chicken, Feta, house-made hummus, tomato, cucumber, chickpeas, oregano, pickled red onion, and apple cider v...	**$10.99**
Harvest Wrap Butternut squash, organic rainbow carrots, honey sriracha walnuts, blue cheese, dried cranberries, kale, spinach, organi...	**$9.99**

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**
White Cheddar Popcorn	**$2.29**
Sweet Potato Chips	**$1.99**
Power up Trail Mix	**$1.99**
RX Bars Flavor choices to include chocolate peanut butter, chocolate sea salt and blueberry.	**$3.49**
Protein Cookie	**$3.49**
Protein Brownie	**$3.99**

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	**$2.69**

Bowls

ITEM	PRICE
Mexicali Bowl All-natural chicken, quinoa, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek...	**$13.49**
Buffalo Bowl All-natural chicken, blue cheese, celery, rainbow carrots, green onions, and traditional Buffalo sauce [400 cals, 29g pr...	**$12.49**
Spinach and Pesto Bowl All-natural chicken, nut-free pesto, baby spinach and parmesan [690 cals, 39g protein, 42g net carbs]	**$12.49**
Japanese BBQ Salmon Bowl Salmon, roasted Japanese sweet potato, roasted mushrooms, red cabbage, Japanese BBQ sauce, organic quinoa, mixed greens,...	**$15.99**
Carnitas Bowl Lean braised pork, salsa with tomato, corn, poblano pepper and black beans, PBK Guac, cotija cheese, adobo sauce, pickle...	**$13.49**

ITEM	PRICE
Black Bean Bowl All-natural chicken, quinoa, black beans, fresh salsa and cheddar cheese [600 cals, 44g protein, 56g net carbs]	**$12.49**
Spicy Chick'n Bowl Abbot's Butcher plant-based chick'n, black beans, PBK guac, salsa roja, organic quinoa, crunchy corn, and spicy chia dre...	**$12.49**
Summer Pro Bowl All natural chicken, roasted tomatoes, mushrooms, spinach, kale, almonds, riced cauliflower and avocado crema [560 calor...	**$13.99**

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**

ITEM	PRICE
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**

ITEM	PRICE
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**
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 - Raspberry 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**

ITEM	PRICE
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**

ITEM	PRICE
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**

ITEM	PRICE
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**

ITEM	PRICE
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
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**

ITEM	PRICE
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**
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**

ITEM	PRICE
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**

Smoothies

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

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**

ITEM	PRICE
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 Classic chili packed with all-natural chicken, organic quinoa, beans, tomatoes and spices topped with cheddar cheese, Gr...	**$11.49**
Chicken Chili Cup Classic chili packed with all-natural chicken, quinoa, beans, tomatoes and spices topped with cheddar cheese and Greek y...	**$7.99**

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**

ITEM	PRICE
Spindrift Raspberry Lime	**$3.25**

Burritos

ITEM	PRICE
Mexicali Burrito Roasted chicken, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt topp...	**$14.79**
Spinach and Pesto Burrito Roasted chicken, nut-free pesto, spinach, roasted broccoli, organic quinoa & parmesan [750 cals, 42g protein, 70g net ca...	**$13.59**
Buffalo Burrito Roasted chicken, blue cheese, celery, organic rainbow carrots, romaine, organic quinoa & traditional Buffalo sauce [580...	**$12.79**
Black Bean Burrito Roasted chicken, quinoa, black beans, fresh salsa and cheddar cheese [710 calories, 43g protein, 85g net carbs]	**$12.79**
Miso Salmon Burrito Salmon, brown rice, roasted sweet potato, braised kale, roasted broccoli, Creamy Miso dressing & crispy onions [1110 cal...	**$17.99**
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**
Saigon Bowl Organic roasted tofu, peanuts, pickled onion, carrots, romaine, green onion, brown rice, fried onion crispies and carrot...	**$11.79**

Breakfast Bowls

ITEM	PRICE
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

ITEM	PRICE
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**

ITEM	PRICE
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

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

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**
Peanut Butter and Acai Organic peanut butter, acai puree, banana and hemp seed blend [460 cals, 13g protein, 63g net carbs]	**$7.29**
Almost Naked Oatmeal Organic oatmeal blend with banana and raw organic honey [320 cals, 10g protein, 50g net carbs]	**$6.29**

Smoothies

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

ITEM	PRICE
Out Of Office Mango, banana, coconut, pineapple juice, organic agave & LIINA blue spirulina protein [330 cals, 12g protein, 59g net ca...	**$10.49**

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**
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**

ITEM	PRICE
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 Eggs scrambled with organic grass-fed ghee, seared steak, avocado, salsa roja & parsley [530 cals, 39g protein, 34g net...	**$12.79**
AM Mexicali Burrito Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, chipotle yogurt, whole eggs scrambled with orga...	**$9.79**
Bacon, Egg and Cheese Burrito Turkey bacon, cheddar, whole eggs scrambled with organic ghee [550 cals, 41g protein, 36g net carbs]	**$9.79**
Sunrise Spinach and Pesto Burrito Whole eggs scrambled with organic grass-fed ghee, spinach, nut-free pesto & parmesan [440 cals, 27g protein, 34g net car...	**$9.79**

Most Ordered

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**
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**
The Perk Espresso whey protein, almond milk, chocolate protein and house-made cocoa malt [190cals, 24g protein, 11g net carbs]	**$9.29**
Honey Granola Parfait Greek Yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed [310 cals, 16g protein, 37g net c...	**$8.99**
Bacon, Egg and Cheese Bowl Turkey bacon, cheddar, whole eggs scrambled with organic ghee [350 cals, 36g protein, 4g net carbs]	**$8.79**
Triple Berry Acai Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [510 calories, 4g prot...	**$11.49**
Keto Shake A specifically designed keto shake -- Peanut butter, almond milk, avocado, MCT oil, strawberry, spinach, kale, vanilla w...	**$10.79**
Hippie Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk [580 cals, 28g protein, 61g net carbs]	**$9.29**
PBandJ Vanilla whey protein, almond milk, organic peanut butter, blueberries, strawberries and organic agave [330cals, 21g prot...	**$9.29**

ITEM	PRICE
Wrigley Peeled Chocolate whey protein, almond milk, organic peanut butter, banana and organic agave [520cals, 26g protein, 34g net carb...	**$9.29**
Jokes Acai'd Vanilla whey protein, acai berry, banana, blueberries and Greek yogurt [420 cals, 20g protein, 74g net carbs]	**$9.29**

Breakfast Bowls

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

Shakes

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

Breakfast Bar-ritos

ITEM	PRICE
Bacon, Egg and Cheese Bar-rito (Breakfast Bar-ritos) 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**

Acai Bowls & Parfaits

ITEM	PRICE
Triple Berry Acai (Acai Bowls & Parfaits) Acai blended with banana and blueberries, topped with strawberries, blueberries, chia and granola [510 calories, 4g prot...	**$11.49**

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

Oatmeal Plus

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

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**

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