

All Day Breakfast

FIT PARFAIT VG | 13

Chia Seeds, Yogurt, Peach Preserve, Almond-Ginger Clusters

FRESH FRUIT CUP V PL | 7

MIXED BERRIES V PL | 9

OVERNIGHT OATS V | 13

Organic Almond Milk, Golden Raisins, Almonds, Apples, Blueberries, Cinnamon, Agave

HARDBOILED EGGS VG KT PL | 5

AMERICAN | 12

Egg, Cooper Cheddar, House Roasted Turkey, Sundried Tomato Spread, Croissant

HARVEST SANDWICH V | 13

Ratatouille, Arugula, Kale Pesto, Ciabatta Bread

BISTRO SANDWICH | 15

Parisian Ham, Triple Cream Brie, Lemon-Herb Mustard, Bocota Bread

WAFFLE VG GF | 10

Berry Compote, Maple Syrup

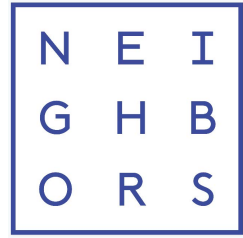
AÇAI BOWL VG | 13

Guarana, Berry, Banana, Almond Ginger Cluster, Coconut Flakes, Chia Seeds



VG - VEGETARIAN | V - VEGAN | GF - GLUTEN FREE | KT - KETO | PL - PALEO

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of a food-borne illness.
APPLICABLE TAXES AND AN 18% SERVICE CHARGE WILL BE ADDED TO ALL CHECKS



Lunch Favorites

KETO COBB GF KT | 15

Blackened Shrimp, Blistered Peppers, Egg, Radish, Scallions, Bacon Mustard Vinaigrette

TOMATO & WHITE BEAN SALAD V GF | 14

Kale, Cucumber, Lemon, Olive Oil

CURRY CAULIFLOWER + SWEET POTATO V GF PL | 14

FARM GREENS V GF PL | 15

Shaved Baby Vegetables, Heirloom Tomato, Roasted Sunflower Seeds, Pepitas, Herb Sherry Vinaigrette

GRAINS V | 11

Organic Red Quinoa, Farro, Sweet Potato, Roasted Broccolini, Lemon Vinaigrette

SMOKED SALMON + TOASTED BAGEL | 16

Cured Smoked Salmon, Cucumbers, Hard Boiled Egg, Capers, Tomato, Pickled Shallot, Cream Cheese, Chives
Choice of bagel: Plain, Whole Wheat, Everything

SB CLUB | 15

House Roasted Turkey, Pepper Jack, Smoked Bacon, Tomato, Chipotle Aioli, Local Sprouts, Cranberry Bread

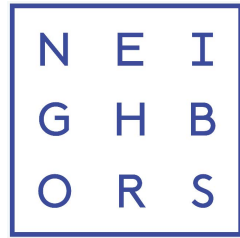
POKE BOWL | 16

Tuna, Rice, Seaweed, Sesame, Avocado, Pickled Hijiki, Ginger, Kimchi Aioli

HEALTHY GO BOWL GF KT PL | 16

Chicken Makhani, Cauliflower Rice, Cilantro





Sushi

1SB VEGGIE ROLL V GF | 15

Greens, Yamagobo, Cucumber

CALIFORNIA ROLL GF | 16

Crab Salad, Cucumber, Avocado, Furikake, Sesame Seeds

SPICY TUNA ROLL GF | 17

Tuna, Cucumber, Cilantro

Cold Pressed & Fresh Juice

GREENERY | 12

Kale, Celery, Cucumber, Orange, Green Apple, Collard Greens, Mint

PUMP IT | 12

Pistachio + Almond + Pumpkin Seed Milk, Vanilla, Agave, Sea Salt

CITRUS IV | 12

Lime, Orange, Coconut Water, Pink Grapefruit, Jalapeño, Ginger

ROOT B | 12

Carrot, Beet, Apple, Lemon, Ginger

RED LOVER | 7

Lemon, Pitaya, Agave, H2O

CHARRO | 7

Mexican Cucumber, Cilantro, Agave, Lemon, H2O, Tajin

Shots

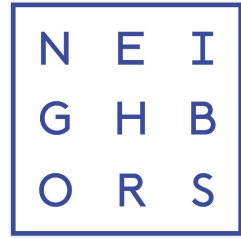
AWAKENING | 6

Lemon, Organic Apple Cider, Ginger, Agave, Blood Orange

COMANDANTE | 6

Moringa, Lemon, Turmeric, Cilantro, Aloe Vera, Celery





Smoothies

ANATOMY | 13

Choice of Milk, Banana, Peanut Butter, Vanilla or Chocolate Protein

BERRY GOOD BERRIES | 14

Choice of Milk, Mixed Berries, Banana, Vanilla Protein

THE 1 YOU ARE LOOKING FOR | 13

Strawberries, Banana, Florida OJ, Vanilla Protein

TROPICAL ENCHANTMENT | 14

Choice of Milk, Mango, Pineapple, Strawberry, Vanilla Protein

WAKE-UP CALL | 12

Choice of Milk, Great Circle Double Espresso Shot, Banana, Vanilla or Chocolate Protein

GO NUTS | 14

Choice of Milk, Almond Butter, Maple Syrup, Greek Yogurt, Bourbon Vanilla Extract, Banana, Vanilla or Chocolate Protein

SWOLE | 14

Choice of Milk, Raw Oats, Almond Butter, Maple Syrup, Cinnamon, Vanilla or Chocolate Protein

Boosters 2 EACH

GLUTAMINE Performance + Strength

BCAA Metabolic Booster + Recovery

L CARNITINE Weight Loss

EXTRA PROTEIN Muscle Building

CREATINE Performance + Strength

COLLAGEN PEPTIDES Beauty
(Skin, Hair, Nails)

RAW OATS Natural Carbohydrate

ALMOND BUTTER Natural Fat + Protein

MACA ROOT Energy + Stamina

MATCHA Antioxidant + Metabolism Boost

CBD Pain Relief + Anxiety Suppressant

Milk Choices

Whole Milk

Fat Free Milk

Unsweetened Almond Milk

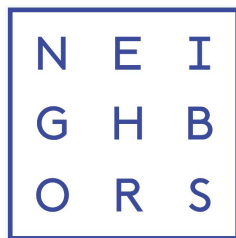
Coconut Milk

Soy Milk

Oat Milk +1



 - in partnership with
Anatomy Fitness



Coffee

ESPRESSO | 2/4

AMERICANO | 5

MACCHIATO | 5

CAPPUCCINO | 6

LATTE | 6

MOCHA | 6

DIRTY CHAI | 7

MATCHA LATTE | 8

COCONUT COLD BREW | 6

ADD COCONUT OIL 2

Tea

YUNNAN BLACK GOLD | 5

MASALA CHAI | 5

EARL GREY | 5

JASMINE CLOUD | 5

MOROCCAN MINT | 5

SENSEI | 5

ZAK'S | 5

YUNNAN MAO FENG | 5

