

SMOOTHIES

S&T 360 14.95 | 12.95 (UNLIMITED MEMBER EXCLUSIVE)

RASPBERRIES, CACAO NIBS, CAULIFLOWER, CASHEWS, COLLAGEN, LION'S MANE, PROTEIN POWDER, VANILLA, CASHEW MILK, DATES, COCONUT-ALMOND CHIA PUDDING BASE, STRAWBERRY BEET DRIZZLE

S&T RECOVERY 12.95

BLUEBERRIES, COLLAGEN, CASHEWS, ALMOND BUTTER, PROTEIN POWDER, MACA, ALMOND MILK, DATES, CINNAMON, COCONUT OIL, BLUEBERRY CHIA JAM

COLLAGEN LIFT 12.95

STRAWBERRY, CHERRIES, COLLAGEN, PROTEIN POWDER, CHERRY CHIA JAM, COCONUT OIL, COCONUT MILK

COCONUT DREAM **DF** **K** 12.95

COCONUT MILK, PINEAPPLE, AVOCADO, BANANA, COLLAGEN, BLUE SPIRULINA, VANILLA, ALMOND BUTTER, COCONUT WHIP, TOASTED COCONUT

CHOCO PB POWER **VG** 9.95

PEANUT BUTTER, CACAO POWDER, BANANA, DATES, ALMOND MILK, SEA SALT

GOLDEN GLOW **DF** 9.95

MANGO, PINEAPPLE, COLLAGEN, TURMERIC, GINGER, ORANGE JUICE, COCONUT MILK, COCONUT OIL

GREEN DETOX **VG** **K** 9.95

KALE, SPINACH, LEMON, GINGER, MINT, CUCUMBER, APPLE, PINEAPPLE, PEAR, CRACKED BLACK PEPPER

ADD-ONS: \$1.50

ESPRESSO SHOT

MATCHA

PROTEIN POWDER
(VEGAN / WHEY)

COLLAGEN

L-GLUTAMINE

PEANUT BUTTER

ALMOND BUTTER

MCT OIL

DF DAIRY FREE

K KETO

VG VEGAN

COFFEE & TEA

POWERED BY **PILOT COFFEE ROASTERS**

ESPRESSO 3.25

AMERICANO 3.50

DRIP S 2.75 / M 2.95 / L 3.25

CAPPUCCINO 4.25

LATTE 4.25

FLAT WHITE 4.25

LONDON FOG 4.50

MATCHA LATTE 4.50

TURMERIC LATTE 4.50

STEEPED TEA 3.50

SELECTION FROM GENUINE TEA

PROTEIN HOT CHOCOLATE 8.00

CHOCOSOL 65% VANILLA SEA SALT CHOCOLATE, WHEY PROTEIN POWDER, DAIRY MILK

(VEGAN +\$1)

OAT / ALMOND / SOY MILK +\$0.50



PROTEIN PACKED
+ HEART HEALTHY
+ BRAIN BOOSTING
+ GUT LOVING
+ ANTIOXIDANT
+ MINERAL & VITAMIN RICH

THE S&T 360 SMOOTHIE

UNLIMITED MEMBER | **12.95**
REGULAR | **14.95**



GRAB & GO

SATAY CHICKEN POWER BOWL DF 13.95

SATAY CHICKEN, QUINOA, NAPPA CABBAGE, RED CABBAGE, CUCUMBER, WATERMELON RADISH, BROCCOLI, CORN, CARROT W/ PEANUT SATAY DRESSING

SHAWARMA-SPICED CAULI-POWER BOWL VG 13.95

CAULIFLOWER, SHAWARMA SPICES, ROASTED SWEET POTATO, CRISPY CHICKPEA, PURPLE CABBAGE, BELL PEPPER, CARROT, CUCUMBER, RED ONION, CORN W/ DAIRY-FREE LEMON YOGURT SAUCE & PITA CHIPS

CHEF EVA'S SPICY TUNA POKE BOWL DF 14.95

BLUEFIN TUNA, GREEN MANGO, GOLDEN BEET, WATERMELON RADISH, EDAMAME, CUCUMBER, GREEN ONION, TOASTED SESAME, W/ SPICY SESAME CITRUS DRESSING & WONTON CRISPS

CHICKEN & WILD RICE WRAP DF 13.95

TORTILLA, CHICKEN BREAST, PURPLE CABBAGE, WATERMELON RADISH, KALE, WILD RICE, QUINOA, RED RICE, SALSA VERDE

VEGGIE POWERBALL SNACK BOX V 12.95

CHICKPEA, BROCCOLI & EDAMAME VEGGIE BALL W/ TZATZIKI & PICKLED TURNIP

STRAWBERRY FIELDS CHIA PUDDING V 7.95

STRAWBERRY, CHIA SEED, ALMOND, OAT, COCONUT WATER, COCONUT MILK, MAPLE SYRUP, GREEK YOGURT

PB & J CHIA PUDDING VG 7.95

BLUEBERRY, PEANUT BUTTER, CHIA SEED, COCONUT WATER, COCONUT MILK, MAPLE-TOASTED PEANUT, VEGAN COCONUT YOGURT

S&T

x

Highball

GREAT MINDS THINK AHEAD

PRE-ORDER ON THE S&T APP



TOASTS & SANDWICHES

LOX OF LOVE

10.95

SOURDOUGH, SMOKED SALMON, CREAM CHEESE, PICKLED RADISH, LEMON JUICE, FRESH DILL, CRACKED BLACK PEPPER

AVO SMASH **VG**

9.95

SOURDOUGH, FRESHLY SMASHED AVOCADO, LEMON JUICE, BLACK & WHITE SESAME, EVOO, SEA SALT, CRACKED BLACK PEPPER, CHILI FLAKES

TUSCAN CHICKEN & PROSCIUTTO FOCACCIA

12.95

FOCACCIA, GRILLED CHICKEN BREAST, PROSCIUTTO, MOZZARELLA, ROASTED RED PEPPER, PESTO

CHIMICHURRI CARNE ASADA FOCACCIA

13.95

FOCACCIA, SEASONED STEAK, CHIMICHURRI, PROVOLONE, PICKLED PINEAPPLE, PICKLED CALABRIAN CHILIS, MAYO

TURKEY SOURDOUGH SANDWICH

12.95

DEAR GRAIN SOURDOUGH, DELI TURKEY BREAST, FIVE SPICED BRIE, BROWN BUTTER AIOLI, ARUGULA, APPLE CRANBERRY CHUTNEY

DF DAIRY FREE

K KETO

VG VEGAN

V VEGETARIAN



BAKERY BITES

HAZELNUT CHOCOLATE ^{DF}
CHIP PROTEIN COOKIE 4.95

DOUBLE CHOCOLATE ^{VG}
PROTEIN COOKIE 4.95

NO-TELLA PALEO FUDGE BAR ^{DF} 4.95

PALEO BLUEBERRY PROTEIN
MUFFIN 6.95

PALEO CHOCOLATE PROTEIN
MUFFIN 6.95

CHOCOLATE CHIP BANANA ^{VG}
BREAD 5.95

CHOCOLATE GANACHE BROWNIE ^{VG} 5.95

ORGANIC PB CLUSTER ^{VG} 3.95

ORGANIC COOKIE DOUGH ^{VG}
POWER BALL 2.50

DARK CHOCOLATE ^{VG}
BUCKWHEAT COOKIE 5.95

UBE CASHEW
COCONUT COOKIE 5.95

BREAKFAST COOKIE 5.95