

SMOOTHIES

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

BRAIN BOOST + DIGESTION

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

REFUEL + REPLENISH

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

COLLAGEN LIFT 12.95

SKIN HEALTH + IMMUNITY

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

CHOCO PB POWER **VG** 9.95

PROTEIN-RICH + SATIATING

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

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

ENERGIZE + FORTIFY

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

ADD-ONS: \$1.50

ESPRESSO SHOT

MATCHA

PROTEIN POWDER
(VEGAN / WHEY)

COLLAGEN

L-GLUTAMINE

PEANUT BUTTER

ALMOND BUTTER

MCT OIL

STRAWBERRY BEET
DRIZZLE

DF DAIRY FREE

K KETO

VG VEGAN

GOLDEN GLOW **DF** 9.95

REFRESH + ANTI-INFLAMMATORY

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

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

CLEANSE + HYDRATE

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

SUMMER FEATURES

VANILLA SHAKE **VG** 9.95

SUSTAIN + ANTI-OXIDANT

ALMOND BUTTER, BANANA, CAULIFLOWER, CASHEWS, CHIA SEEDS, VANILLA, DATES, SEA SALT, ALMOND MILK

BIG GREEN ENERGY **VG** 11.95

ENERGIZE + DETOX

KALE, SPINACH, MATCHA, BLUE SPIRULINA, BANANA, ALMOND BUTTER, DATES, MCT OIL, TOASTED COCONUT, COCONUT WATER

TROPICAL GREEN **DF** 11.95

RESTORE + HYDRATE

MANGO, LIME, TOASTED COCONUT, KALE, SPINACH, CUCUMBER, APPLE, HONEY, COCONUT MILK

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

OAT / ALMOND / CASHEW / COCONUT / SOY MILK +\$0.50

ICED AMERICANO 4.50

ICED LATTE 4.50

ADD CHOCOLATE DRIZZLE +\$1.50

ICED MATCHA LATTE 4.50

ADD STRAWBERRY BEET DRIZZLE +\$1.50

SUMMER FEATURE

FROSTY PROTEIN CAPPUCCINO 8

ESPRESSO, WHOLE MILK, WHEY PROTEIN POWDER,
CHOCOLATE DRIZZLE

PROTEIN COUNT: 31 G

ADD-ONS: \$1.50

EXTRA ESPRESSO SHOT

COLLAGEN

MCT OIL

STRAWBERRY BEET DRIZZLE

CHOCOLATE DRIZZLE

SUMMER-FRESH SMOOTHIES

TROPICAL GREEN | 11.95

RESTORE + HYDRATE

BIG GREEN ENERGY | 11.95

ENERGIZE + DETOX

VANILLA SHAKE | 9.95

SUSTAIN + ANTI-OXIDANT



GREAT MINDS THINK AHEAD

PRE-ORDER ON THE S&T APP



TOASTS

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

ADD SMOKED SALMON +\$4.50

DF DAIRY FREE

K KETO

VG VEGAN

V VEGETARIAN



GRAB & GO

PEACHES & CREAM DF CHIA PUDDING

7.95

CHIA SEED, PEACH COMPOTE (PEACHES, HONEY, LEMON JUICE), COCONUT MILK, VANILLA, MAPLE SYRUP, CINNAMON

STRAWBERRY MATCHA VG CHIA PUDDING

7.95

CHIA SEED, MATCHA, STRAWBERRY CASHEW CREAM (STRAWBERRY, BEET POWDER, CASHEW, LEMON JUICE, MAPLE SYRUP), TOASTED COCONUT, COCONUT MILK, VANILLA, MAPLE SYRUP

PB + CHOCOLATE V PROTEIN OATS

6.95

STEEL CUT OATS, ROLLED OATS, CHIA SEED, ALMOND MILK, CACAO NIBS, CACAO POWDER, WHEY PROTEIN, MAPLE SYRUP, SEA SALT

PROTEIN COUNT: 22 G

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