

e•lix•r TONICS

\$3.00

Nourish & replenish the body & mind
with one of our highly nutritive,
antioxidant tonics...
served hot or cold!

Virtual Buddha

Jujube, Asian ginseng,
Chinese asparagus, epimedium,
silk tree, tangerine, and mandarin
for creativity and balance

Liquid Yoga

jujube, Chinese peony, fleece flower,
longan, and aucklandia
for relaxation serenity, and tranquility

Tame the Elements

Lonicera & Forsythia Combination
an immune system stimulan

Depth Recharger

Chinese Wolfberry, fleece flower,
white peony, and American ginseng
replenishes the substance of life

Power Plant

yerba mate, ginseng,
green tea extract, and Guarana
a revitalizing jump-start tonic

Mind Over Muddle

Ginko Biloba, schizandra,
and gotu kola
for clarity, focus, and memory

TEA

\$1.50

Iced Tea

Regular
Flavor of the Day

Hot Tea

Assorted Blends

OTHER BEVERAGES

Red Bull (regular or sugar-free).....	\$3.00
Wheatgrass Shot.....	\$2.00
Soft Drinks.....	\$1.50
Coca Cola Classic, Diet Coke, Sprite Dr. Pepper, Diet Dr. Pepper	
Dry Soda.....	\$4.00
Kumquat, Lavender, Lemongrass or Rhubarb	
San Pelligrino.....	\$2.00
Fiji Water.....	\$3.50
Starbucks® Brewed Coffee.....	\$2.00

AFTERTHOUGHTS

\$3.00

Fat-Free Soft-Serve Frozen Yogurt

Fresh Fruit Sorbet

All items may be prepared to go.

SOOTHING SMOOTHIES \$5

Blended to order
from one of our recipes
or create one of your own!

Add Protein Powder
for an additional \$2

Breakfast Boost
orange juice, banana,
strawberry, blueberry,
mint, honey & frozen yogurt

Raspberry Passion
raspberries, passion fruit,
banana, orange juice &
frozen yogurt

Banana Crunch
banana, frozen yogurt,
skim milk & granola

Tower of Power
chocolate syrup, peanut butter,
banana, skim milk &
frozen yogurt

Blues Buster
blueberry, apple,
banana, granola,
cinnamon & frozen yogurt

Citrus Ginger
orange juice, pineapple,
banana, mango,
fresh ginger & ice

All items may be prepared to go.

MORNING START

served from 630am - 11am

The Power Breakfast.....	\$12
orange juice or Ruby Red grapefruit juice scrambled egg whites with fresh tomato, baby spinach & sliced mushrooms small fruit salad or cold cereal with skim milk	
Fresh Seasonal Berries.....	\$7
Fresh Fruit Salad.....	\$5
Fresh Sliced Fruit Plate.....	\$9
with berries & yogurt	
Oatmeal & Bananas.....	\$5
Fruit Juices	\$5/\$3
Low-Fat Muffins	\$1.50
Assorted Cold Cereal	\$3
Cereal with Fruit	\$6
Housemade Granola	\$6

MID-DAY CHARGE

Soup of the Day

Small \$3.75.....	Large \$5
Smoked Chicken & Corn Soup..... \$5	
102.4 calories / 7 protein grams	
Crescent Turkey Chili	
Small \$7.....	Large \$9
with freshly baked lavash	
139.6 calories / 15 protein grams	

Bombay Chicken Salad..... \$6
chicken tossed with curry, bell pepper,
scallions & light mayonnaise
276 calories / 10.8 protein grams

Caesar Salad..... \$6
chopped Romaine, house-made dressing,
focaccia croutons & shaved parmesan cheese
180 calories / 16.7 protein grams
with grilled chicken \$8

Fitness Salad..... \$7
buffalo mozzarella, sweet bell pepper,
avocado, flaked tuna, croutons & boiled egg
210 calories / 15 protein grams

Hearty Chop Salad..... \$7
Romaine tossed with sherry vinaigrette,
with bleu cheese, artichoke hearts, hearts of palm,
red onion, avocado & boiled egg
220 calories / 19.65 protein grams

Classic Greek Salad..... \$7
Kalamata olives, cucumber, red onion,
feta cheese & mixed baby greens, extra virgin
olive oil, fresh garden herbs & lemon juice
170 calories / 15.5 protein grams

The Spa Tuna Salad..... \$7.50
flaky tuna mixed with fresh herbs, chopped celery, capers, low-fat mayonnaise
& fresh-baked lavash
247 calories / 21.1 protein grams

Chicken Pita..... \$7.50
with roasted chicken, pesto, hummus,
lettuce & tomato
296.7 calories / 23.2 protein grams

Spa Wraps..... \$7
spinach tortilla, lettuce, tomato & chips
Choice of: Tuna Salad,
Bombay Chicken Salad, Char-Grilled Chicken,
Smoked Turkey Breast, BLT or Caesar Chicken

Turkey Burger..... \$8
8 oz. of freshly ground lean turkey, Swiss or American cheese, with or without
sesame bun
with sliced tomato, pickles, red onion & lettuce
340 calories / 30.5 protein grams