

# Z E N E R G Y

## ZENERGY CAFÉ

SMOOTHIES                      12 OZ \$5.00                      16 OZ \$6.00                      ADD PROTEIN \$1.50

### PROTEIN POWDER OPTIONS

JAY ROBB WHEY PROTEIN 25 grams of protein per serving: Chocolate-Strawberry-Vanilla

LIFE BASICS Weight loss never tasted so good! Chocolate-Vanilla-Vanilla unsweetened

TRAINER'S CHOICE Strawberries, bananas, yogurt, apple and orange juice and soy milk

THE WORKS Mixed berries, bananas, yogurt, apple and orange juice

THE CARIBBEAN Orange juice, bananas and mangoes

SAMWELL'S SPECIAL Soy milk, peanut butter, banana, honey and ice. Add chocolate protein \$1.50

MANGO MADNESS Mangoes, strawberries, bananas, yogurt, orange and apple juice

KYL'S POST WORKOUT Milk, strawberries, blueberries and olive oil

PERSONAL CHOICE Choose from any of our ingredients to make your favorite smoothie:

#### Fruits

Bananas, strawberries, mixed berries, blueberries and mangoes

#### Juices

Cranberry, orange, apple and V8 Juice (fruit)

#### Other Additions

Protein powder, soy milk, rice milk, 2% milk, non-fat milk, Zen Matcha, honey, peanut butter, olive oil, stevia and agave sweetener

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ESPRESSO DRINKS	8OZ	12OZ
ESPRESSO SHOT	\$1.50	
ESPRESSO DOUBLE	\$2.00	
AMERICANO	\$1.50	\$2.00
LATTE	\$2.25	\$3.00
CAPPUCCINO	\$2.25	\$3.00
MOCHA	\$3.00	\$3.50
STEAMER	\$1.75	\$2.25
CHAI	\$2.75	\$3.50
HOT COCOA	\$2.25	\$2.75
ADD SYRUP	\$ .25	
ADD SOY	\$ .25	
EXTRA SHOT	\$ .50	

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### ZENERGY BAKED GOODS

ASSORTED MUFFINS	\$2.75
BANANA BREAD	\$3.00
COOKIES	\$1.75
BROWNIES	\$2.00

### SPECIALS INCLUDE:

Fresh soups, paninis, wraps, and sandwiches made with oven roasted ham, roast beef, or turkey on Bigwood Bread. Daily specials vary, check the board for today's menu.

### BAGELS

ASSORTED BAGELS	\$2.00
CREAM CHEESE	\$ .75
PEANUT BUTTER	\$ .75

### CATERING:

Available for lunch to go on the mountain, full-service dinner parties and pre-made meals for the week!

### BARS

BELLA BAR	\$3.75	MRS. MAYS BAGS/BARS	\$2.50
CLIFF BAR	\$2.25	NO NUTTIN BAR	\$2.25
SUN VALLEY BAR	\$2.75	KIND BAR	\$3.00
ZONE BAR	\$2.00	POWERBAR	\$4.00
FRUIT LEATHER	\$ .75		

GRANOLA CUP	8 OZ.	16 OZ.
GRANOLA, VANILLA YOGURT, FRUIT	\$3.50	\$5.50

### DRINKS

VITAMIN WATER	\$2.75	ICED TEA / LEMONADE	\$2.25
GATORADE	\$2.25	V8 JUICE	\$3.00
SPRITZERS	\$1.75	VITA COCO	\$2.75
RED BULL REG./SUGAR FREE	\$3.00		
DIET COKE / COKE	\$1.75		
		Small	Large
		SUN VALLEY WATER	\$1.50 \$2.25

### BEER & WINE

IMPORTED	\$3.50	ELK COVE PINOT NOIR	1/2 Bottle \$18.50
DOMESTIC	\$2.50	WOODWARD CABERNET	\$21.50
CHANDON	\$7.00	SEGHEISIO ZINFANDEL	\$15.50
PROSECCO SPLIT	\$7.00	J. LOHR CHARDONNAY	\$12.50
BELINI	\$6.00	SANTA MARGHERITA PINO GRIGIO	\$16.50
SAKE TO ME	\$4.50	LOUIS MICHEL CHABLIS	\$16.00
		BOTO BOX	\$6.00
		TINCHO (BY THE GLASS)	\$6.00