

ENERGY

16 oz– \$5.50 24 oz– \$6.60 32oz– \$7.75

ROCKWELL

Lotus, Lavender,
Huckleberry & Fresh
Lemon

ROOSTER

Lotus, Mango,
Peach, Orange &
Mango Puree

CROCKETT

Lotus, Pineapple,
Coconut, Strawberry
& Lotus Cream

THOMAS

Lotus, Coconut,
Passion Fruit, Blue
Raspberry & Fresh
Lime

RINGO

Lotus, Pomegranate,
Blackberry, Raspberry &
Strawberry Puree

MAKE YOUR OWN

Lotus + 2 Flavors

EXTRAS

LOTUS ENERGY SHOT

\$1.10

MILK SUBSTITUE

\$1.00

FRUIT PUREE

\$0.85

BLENDED

\$1.00

SMOOTHIES

24 oz—\$9.35

CHUNKY MONKEY

Almond Milk, Blueberry, Banana & Almond Butter

STRAWBERRY BANANA

Milk, Strawberry & Banana

TROPICAL TWIST

Coconut Milk, Pineapple, Mango & Banana

CHOCOLATE PEANUT BUTTER BANANA

Milk, Chocolate Protein Powder, Peanut Butter Protein & Banana

VERY BERRY

Milk, Raspberry, Blueberry & Strawberry

BOOSTERS

\$1.35

Collagen Energy Lean & Trim

Chia Seeds Immunity Spinach

\$1.65

Chocolate Whey Vanilla Whey

Vegan

DRINKS

HOT	12oz/16oz/20oz
AMERICANO	3.30/4.40/5.50
LATTE	3.85/4.40/5.75
MOCHA	4.40/4.95/5.75
CAPPUCCINO	3.85/4.40/5.50
MACCHIATO	3.85/4.40/5.50
MATCHA	3.85/4.75/5.75
BREVE	4.95/6.05/7.15
ESPRESSO SHOT	1.10

COLD	16oz/24oz/32oz
AMERICANO	4.40/5.50/6.60
LATTE	4.40/5.75/7.15
MOCHA	5.50/6.60/7.70
FRAPPUCCINO	5.50/6.60/7.70
MACCHIATO	4.40/5.25/6.60
MATCHA	4.50/5.25/6.30
BREVE	4.95/5.75/6.85

FOOD

BANANA BREAD	3.00
CINNAMON ROLL	5.45
COOKIE	2.75
HAM & SWISS CROSSIANT	5.45
MUFFIN	3.00
SCONE	3.85

SANDWICHES

STEP 1- CHOOSE SANDWICH STYLE

	WHOLE	HALF
HAM	8.25	5.25
TURKEY	8.50	4.75
BLT	8.75	5.25

STEP 2- CHOOSE CHEESE

PEPPER JACK, CHEDDAR, SWISS

STEP 3- CHOOSE BREAD

SOURDOUGH, MULTI-GRAIN,
BRIOCHE ROLL, WHITE

BAGELS

BAGELS 2.75

EVERYTHING, PLAIN

CREAM CHEESE .55

PLAIN, STRAWBERRY, GARLIC & HERB

BAGEL BOMB 7.45

*TOASTED BAGEL + CREAM CHEESE + CHEESE
+ TOPPINGS; SERVED WARM*

HAM + PASTRAMI

TURKEY + BACON

BAGEL SANDWICH 7.45

*TOASTED BAGEL + MUSTARD + MAYO +
TOMATO + LETTUCE + TOPPINGS*

HAM + SWISS

TURKEY + CHEDDAR

BURRITOS

BURRITOS 9.35

BACON, CHICKEN CHORIZO, SAUSAGE, VEGGIE

GLUTEN-FREE VEGGIE BURRITO 9.35

SALSA .25