



LUNCH MENU (11 am - 3 pm)

APPETIZERS

MAINS

"SPIN" SEARED SESAME TUNA

4 oz Ahi tuna, seaweed salad, pickle ginger, wasabi aioli and Ponzu "Japanese Citrus" sauce 17

"STRENGTH" ROASTED JALAPENO HUMMUS

Oven-roasted jalapeños paired with tahini, avocado oil, lime, and cilantro, served with carrots, celery, and cucumber 14

"YOGA" GRILLED FRESH GARLIC SHRIMP

Six Jumbo grilled shrimp with fresh garlic 20

"GET YA PROTEIN" STEAK BITES (3- 2 OZ)

Our signature 2 oz, 3 filet minis 22



DRESSING OPTIONS: BUTTERMILK RANCH, BLEU CHEESE, FRENCH, ITALIAN VINAIGRETTE, HONEY MUSTARD, BALSAMIC DRESSING

ADD CHICKEN +6, STEAK (6 OZ) OR SHRIMP (9 OZ) +10, SALMON (7 OZ) +15

"PUSH YOUR LIMITS" BEET SALAD

Green mix, oven toasted golden and red beets, red onion, goat cheese, candied walnuts with Balsamic dressing 15

BUFFALO CHICKEN SALAD

Green mix, tomato, cucumber, red onion and shredded cheddar cheese choice of grilled or fried chicken tenders tossed in buffalo sauce 15

"THE CHALLENGE"

Grilled chicken breast served with steamed broccoli 22



WERK BOWLS

BIRRIA

12 hours braised beef with dried chilis, pico de gallo, avocado, consommé 16

TUNA POKE

4 oz ahi tuna, seaweed salad, pickled ginger, avocado, carrot, cabbage, and crispy wonton chips 18

SOUTHWEST CHICKEN

Roasted corn, tomatoes, bell peppers, green onions, black beans, cheddar shredded cheese with crunchy corn tortilla strips and blackened grilled chicken breast 16



GREEN BEANS 5 STEAMED BROCCOLI 5 ASPARAGUS 7

"YOU VS YOU"

Low sugar chocolate mousse cups with berries 5 oz 6



CARBLISS DRINKS 6

LEMON ~ BLACK RASPBERRY ~ BLACK CHERRY ~ CRANBERRY

MICHELOB ULTRA 4 CORONA PREMIER 4 GARAGE BEER 4

NON ALCOHOLIC BEERS 4

BLUE MOON HEINEKEN 00

SKINNY SPENGA MARG 12

Tanteo jalapeno tequila, fresh squeezed lime, splash of pineapple and grapefruit juice





DINNER MENU

APPETIZERS

MAINS

"SPIN" SEARED SESAME TUNA

4 oz Ahi tuna, seaweed salad, pickle ginger, wasabi aioli and Ponzu "Japanese Citrus" sauce **17**

"STRENGTH" ROASTED JALAPENO HUMMUS

Oven-roasted jalapeños paired with tahini, avocado oil, lime, and cilantro, served with carrots, celery, and cucumber **14**

"YOGA" GRILLED FRESH GARLIC SHRIMP

Six Jumbo grilled shrimp with fresh garlic 20

"GET YA PROTEIN" STEAK BITES (3- 2 OZ)

Our signature 2 oz, 3 filet minis **22**



DRESSING OPTIONS: BUTTERMILK RANCH, BLEU CHEESE, FRENCH, ITALIAN VINAIGRETTE, HONEY MUSTARD, BALSAMIC DRESSING

ADD CHICKEN +6, STEAK (6 OZ) OR SHRIMP (9 OZ) +10, SALMON (7 OZ) +15

"PUSH YOUR LIMITS" BEET SALAD

Green mix, oven toasted golden and red beets, red onion, goat cheese, candied walnuts with Balsamic dressing **15**

BUFFALO CHICKEN SALAD

Green mix, tomato, cucumber, red onion and shredded cheddar cheese choice of grilled or fried chicken tenders tossed in buffalo sauce **15**

"THE CHALLENGE"

Grilled chicken breast served with steamed broccoli 22



"CRUSH IT" FAROE SALMON

Pan seared Faroe island salmon served with asparagus and lemon butter sauce **27**

"STRIVE TO BE GREAT" MAHI MAHI

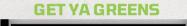
Grilled mahi mahi, roasted potatoes, mushrooms, green beans and beurre blanc sauce **25**

"WERK IT OUT" GRILLED PORK CHOP

Grilled pork chop served with oven roasted potatoes and mustard cream sauce **25**

"AMY'S" FREE RAISED ROASTED CHICKEN

Free Range raised, roasted crispy half chicken served with vegetable medley **25**



GREEN BEANS 5 STEAMED BROCCOLI 5 ASPARAGUS 7



"YOU VS YOU"

Low sugar chocolate mousse cups with berries 5 oz 6



CARBLISS DRINKS 6

LEMON ~ BLACK RASPBERRY ~ BLACK CHERRY ~ CRANBERRY

MICHELOB ULTRA 4 CORONA PREMIER 4 GARAGE BEER 4

NON ALCOHOLIC BEERS 4

BLUE MOON HEINEKEN 00

SKINNY SPENGA MARG 12

Tanteo jalapeno tequila, fresh squeezed lime, splash of pineapple and grapefruit juice