

LUNCH MENU (11 am - 3 pm)

APPETIZERS

"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**

LIGHTER SIDE

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**

MAINS

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**

GET YA GREENS

GREEN BEANS 5

STEAMED BROCCOLI 5

ASPARAGUS 7

DESSERT

"YOU VS YOU"

Low sugar chocolate mousse cups with berries 5 oz **6**

DRINKS

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

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MAINS

"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**

GET YA GREENS

GREEN BEANS 5

STEAMED BROCCOLI 5

ASPARAGUS 7

DESSERT

"YOU VS YOU"

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