

Recovery Smoothies

- | | 12oz. | 20oz. |
|---|---------------|---------------|
| The Strawberry Classic | \$2.75 | \$4.25 |
| Sun-drenched Strawberries, more Strawberries blended with ripe Banana | | |
| Berries A'more | \$2.75 | \$4.25 |
| Antioxidant-rich Raspberries, Strawberries, Blueberries and blackberry with Banana | | |
| Hawaiian Harvest | \$2.75 | \$4.25 |
| A taste of the islands, mouth watering Hawaiian, Pineapple ripe Banana and fresh fallen Coconut | | |
| Mango Tango | \$2.75 | \$3.00 |
| Big juicy Mangoes crushed and blended in harmony with ripe Banana and pineapple | | |
| Cherry Chiller | \$2.75 | \$4.25 |
| New England Cranberries and sun-drenched Cherries blended with a pinch of ripe Bananas | | |
| Peaches'n Cream | \$3.00 | \$4.50 |
| Tree ripened Georgia Peaches, golden Apricots and pears together with low-fat Vanilla Cream | | |

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|---|---------------|---------------|
| Acai for Me | \$3.00 | \$4.50 |
| Antioxidant-rich Brazilian Acai, blended with Pomegranate, Blackberries, Bananas and Strawberries | | |
| Blueberry Blitz | \$3.00 | \$4.50 |
| Antioxidant-rich Baby Blues right from Maine Blended with ripe Banana and low fat Vanilla Cream | | |

Iced Teas & Coffees

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| Vanilla Honey Chai Tea | \$3.00 | \$4.50 |
| A delicious creamy medium blend of Honey, Vanilla, Black Teas and Spies | | |
| Truly Latte | \$3.00 | \$4.50 |
| A delightful blend of the finest dark roast Colombian Coffee with a touch of Vanilla & Cream | | |

Add-Ins

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| Protein - Whey or Soy | \$1.00 |
| 20g pure Protein Isolate, Vanilla, Chocolate. Essential Amino Acids to rebuild a better body | |
| Creatine or L-Glutamine | \$0.75 |
| Increase your Stamina, Strength, and Size or conserve your hard earned muscle with 5g of these Amino Acids | |
| The Ultimate Recovery | \$0.75 |
| The perfect recovery to maximize your workout. Antioxidant-A, B and E combined with 750 mg of L-Glutamine | |
| Daily Essentials | \$0.50 |
| Keep your body running on all cylinders with all of the Micronutrient. 5 grams of Multi-Vitamin & Mineral | |
| Burn Fat Burn | \$0.75 |
| Watch the fat MELT away, 108 Mcg of Chromium Picolinate, 50mg of Garcinia, L-Carnitine 250mg of insulin | |
| Sniffles B'Gone | \$0.75 |
| JAMMED with your body needs to fight sniffles 100 mg of Vitamin C, 500 mg of Echinacea and 50 mg of Goldenseal | |
| Healthy Heart | \$1.25 |
| Keep your heart ticking with Rice Bran, Pumpkin Seed, Flax Seed, Psyllium Husk, Lecithin and Soy Protein Isolate | |
| Fiber Blend | \$0.50 |
| Keep your pipes clean. A proprietary blend of Wheat, Oat and Rice Bran | |
| Brainiac | \$0.50 |
| We combine Niacin, Choline Inositol, Lecithin, Bilberry, Ginko Biloba and Glutamine | |
| Energizer | \$0.50 |
| Need a jolt? Eleuthero, Bee Pollen, Ginkgo, Gotu Kola, Cola Nut, White Willow Bark | |
| Veggie Meal for Real | \$1.25 |
| NEVER miss a meal. pumkin & Flax Seed, Alfalfa, Barley & Wheat Grasses, Chiorella, Spirulina and Algae | |

Where Healthy Meets Delicious



Located inside Lakeshore Sports Club
34650 Melinz Parkway
Eastlake, OH 44095
440-942-2700

Open to the public

Build your Bowl

Step 1

Select Rice or just Vegetables

Steamed Brown Rice \$4.95

All bowls come with steamed Napa Cabbage, Bok Choy, Pea Pods, Carrots and Water Chestnuts, Garnished with Green Onions, Sesame Seeds

Steamed Brown Rice \$5.95

Step 2

Choose Sauces

Peanut Mild and Creamy Blend

Teriyaki A mild pineapple based Soy Sauce

Rica Hot sweet & Hot Peppers with Ginger & Sesame

Curry Coconut Based Medium-Hot Sauce with mango

Step 3

Add a Protein Toppings

Steamed Chicken \$1.50

Tofu \$1.50

Four Bean Medley \$1.50

Mix Any Two (1/2 & 1/2 order) \$2.00

Enjoy & Feel Good

Fresh Salads

Waldorf Salad \$5.00

Fresh apple, almonds and goat cheese tossed with mixed greens served with a strawberry vinaigrette

Mediterranean Salad \$5.00

Romaine lettuce, cucumbers, pita chips, tomatoes and feta cheese served with house made Kalamata Olive dressing

Pear me Up \$5.00

Crisp pears, walnuts, and crumble blue cheese tossed with field greens served with a creamy balsamic dressing

Garden Side Salad \$2.75

Mixed greens, tomatoes, asiago cheese served with red wine vinaigrette

* Add Chicken breast to any salad...\$2.75

Whole Wheat Wraps

Mediterranean Chicken \$6.75

Grilled chicken breast, tomatoes, cucumbers, feta cheese and field greens drizzled with Kalamata olive dressing

Veggie \$6.75

Grilled zucchini, squash, red pepper, tomato, onion and mozzarella cheese finished with a fresh basil pesto

Fresh Lemon Tuna \$6.75

Fresh tuna, crisp celery, onion, capers, mixed in with light lemon mayo with Romaine lettuce, tomatoes and cheddar

Soups & More

Soup of the Day \$2.75

Fresh home made soup from the finest fresh ingredients

Hummus \$3.75

Hummus served with fresh vegetables and baked pita chips

Performance Smoothies

Banana Nut Blast 12oz. \$3.25 20oz. \$5.00
One big Banana blended with natural nutty Peanut Butter, Milk and Vanilla Whey Protein Isolate

Java Jolt \$3.25 \$5.00
Dark Columbian Coffee completed with a hint of Chocolate and Vanilla Whey Protein Isolate

Cardio Freeway \$3.50 \$5.25
Soy milk, Low fat Vanilla Cream, Soy Protein Isolate Flax Seed Oil, Strawberries and a shot of Honey

Body Builder \$3.50 \$5.25
Skim or Soy Milk with Creatine, Vanilla or Chocolate Whey Protein Isolate and a Banana

Green machine \$3.50 \$5.25
Pineapple Puree, ripe Banana, non fat Vanilla Yogurt and our own Veggie Meal for Real

Peanut Butter Cup \$3.50 \$5.25
Rich Ghirardelli Chocolate with Natural Nutty Peanut Butter blended with Whey Protein & Chocolate Soy Milk

Chocolate Thinly Mint \$3.50 \$5.25
Chocolate Soy Milk blended with Ghirardelli Chocolate, mint extract, Chocolate Protein and our Fat Burn Fat

Mo' Mass \$3.75 \$5.75
Natural Peanut Butter blended in Skim Milk with Chocolate Weight Gainer, Oatmeal and whole Banana

Kid Shakes

Junior Chocolate Frosty \$3.25
Low-Fat Vanilla Cream and rich Chocolate Soy Milk blended with Chocolate Whey Protein

Strawberry Shortcake \$3.25
A nutrient dense blend of Strawberries, Vanilla Whey Protein, and a hint of Banana mixed to a creamy perfection