### COFFEE & TEA

FLYSPIN

ESPRESSO	\$3.85	VANILLA LATTE	\$5.95
CAPPUCCINO	\$4.50	SPANISH LATTE	\$7.95
MACCHIATO	\$4.25	NUTELLA LATTE	\$5.95
CORTADO	\$4.75	MOCHA	\$5.45
AMERICANO	\$3.50	MATCHA	\$5.95
FLAT WHITE	\$4.50	CHAI	\$5.95
BREW	\$3.00	LONDON FOG	\$5.95
LATTE	\$5.45	FRAPPE	\$8.95
		TEA	\$3.75

#### **SEASONAL DRINKS**

**PUMPKIN SPICE LATTE \$7.95** 

HOT CHOCOLATE \$5.25



<sup>\*</sup>milk alternatives and larger sizes available

# SMOOTHIES







**BIG GREEN** 

\$14.95

**\$12.85** (VIP MEMBERS)

organic products (kale, spinach, lemon, ginger, mint, cucumber, apple, pineapple, pear, pepper, coconut water, banana)

RECOVERY

\$12.99

**\$10.98** (VIP MEMBERS)

blueberries, collagen, cashews, almond butter, protein powder, maca, almond milk, dates, cinnamon, coconut oil, blueberry-chia jam

360

\$14.99

**\$12.95** (VIP MEMBERS)

raspberries, cacao nibs, cauliflower, cashews, collagen, lion's mane, protein powder, vanilla, cashew milk, dates, coconut- almond chia pudding base, strawberry beet drizzle

# BAKED FRESH BY URBAN BAKER



MUFFIN \$5.20
PROTEIN BALLS \$9.85
PROTEIN BARS \$4.75



## BINGSU



MANGO
MATCHA
BLUEBERRY
RASPBERRY CHOCOLATE
COFFEE
CHAI
STRAWBERRY
WATERMELON

\$12.99 - \$15.29 \$12.99 - \$15.29 \$12.49 - \$14.89 \$12.29 - \$14.79 \$11.99 - \$14.29 \$12.29 - \$14.79 \$12.99 - \$15.29 \$11.99 - \$14.29



