

 Turkey Cheezer(830 Cal)	\$8.39
Turkey, provolone cheese, Romaine lettuce, tomato & mayo on a multigrain boule	
 Ham Cheezer(730 Cal)	\$8.39
Ham, Swiss Cheese, Romaine lettuce, tomato & mayo on a multigrain boule.	
Greek Yogurt Parfait(190-200 Cal)	\$4.99
Blueberry • Strawberry • Peach	
Overnight Oats(330-350 Cal)	\$4.99
Old-fashioned oats and chia seeds soaked in nonfat Greek yogurt, milk and honey. Topped with granola and your choice of blueberry, strawberry or peach.	
 Blueberry Chia Toast (200 Cal)	\$3.99
Blueberries, greek yogurt, chia seeds & honey.	
 PB Power Toast(410 Cal)	\$3.99
Peanut butter, chia seeds, banana, honey	
Banana Berry Nutella Toast (510 Cal)	\$3.99
Nutella, banana, strawberries, coconut flakes.	
 Pimento Cheese Bacon Toast(430 Cal)	\$3.99
Pimento cheese, diced tomatoes, bacon, scallions	
 Chicken Salad Toast(250 Cal)	\$3.99
Wheat berry toast topped with fruited almond chicken salad, spring mix, and pumpkin seeds.	
Smashed Avocado Toast (220 Cal)	\$3.99
Add hard boiled egg for \$2.00	
Muffins(280-340 Cal)	\$3.29
•Blueberry • Orange Cranberry • Double Chocolate Chip • Banana Nut	
Grape Cup(60 Cal)	\$3.29
Bagels(290-310 Cal)	\$2.99
•Everything • Plain• Blueberry Comes with choice of Plain Cream Cheese, Peanut Butter, Strawberry Preserves or Nutella	



Awaken Bakery



Gluten Free Bakery Items

Cake Tins(620-710 Cal)	\$6.79
Cookie Dough • Funfetti	
Cinnamon Rolls(650 Cal)	\$6.79
Chocolate Chip Bread Pudding(490 Cal)	\$5.99
Bagels(350-360 Cal)	\$3.99
Everything • Plain	

Fruit

Apple(100 Cal)	\$1.39
Orange(100 Cal)	\$1.39

Chips

Ms. Vickies(200-210 Cal)	\$1.69
(Plain, BBQ, Jalapeno)	

20oz. Bottled Drinks \$2.99

Coke, Coke Zero, Sprite, Dr. Pepper & Diet Dr. Pepper

20oz. Bottled Dasani \$2.49

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

* Honey Cinnamon Oatmeal Build Your Own \$4.59

*Breakfast Only

Pick 3 Toppings

Strawberries(10 Cal)

Peaches(20 Cal)

Blueberries(15 Cal)

Granola(110 Cal)

Sliced Almonds(40 Cal)

Cacao Nibs(60 Cal)

Nutella(210 Cal)

Honey(45 Cal)

Peanut Butter(190 Cal)

Strawberry Preserves(100 Cal)

Dried Cranberries(30 Cal)

Pumpkin Seeds(40 Cal)

Shredded Coconut(35 Cal)

*Additional toppings (\$.99)

TOPPER



GRIND

Build Your Own Bowl \$9.49

*Choose Mixed Greens(0 Cal) or Romaine(10 Cal)
with 4 toppings and 1 dressing.

Quinoa(70 Cal)

Shredded Carrots(5 Cal)

Cucumber(0 Cal)

Edamame(60 Cal)

Grape Tomatoes(15 Cal)

Roasted Sweet Potatoes(45 Cal)

Feta Cheese Crumbles(45 Cal)

Blueberries(15 Cal)

Strawberries(10 Cal)

Sliced Almonds (40 Cal)

Parmesan(60 Cal)

Dried Cranberries(30 Cal)

Pumpkin Seeds(40 Cal)

Croutons(60 Cal)

Dressings(120-380 Cal)

Balsamic Vinaigrette, Ranch,

Green Goddess(Vegan)

Caesar, Lemon Vinaigrette

Extra Dressing (\$.69)

Add Avacado(45 Cal) (\$1.39)

Add Protein (45-150 Cal) (\$2.00)

Chicken, Hard Boiled Egg

Chicken Salad, Chickpeas

*Additional toppings (\$.99)

coffee, espresso, cold brew, iced espresso & tea

	sm	cal	med	cal	lrg	cal
caramel macchiato	4.79	335	5.19	445	5.49	540
cinnamon spice latte	4.99	345	5.29	475	5.59	630
mocha/white mocha	4.79	295	5.19	390	5.39	510
vanilla latte	4.99	295	5.29	370	5.59	470
latte	4.59	215	4.99	270	5.19	350
cappuccino	4.49	140	4.89	175	5.09	230
americano	3.59	10	3.99	15	4.19	20
coffee	2.99	5	3.19	10	3.39	15
hot chocolate	3.79	310	4.09	425	4.29	540
cold brew with vanilla cold foam	4.69	80	5.19	80	5.59	80
cold brew with salted caramel cold foam	4.69	80	5.19	80	5.59	80
cold brew 	4.29	5	4.59	5	4.89	5
nitro cold brew 	4.89	5	5.29	5	5.59	5
shaken iced espresso	4.19	155	4.49	180	4.69	230
chai latte	4.69	290	5.09	375	5.29	470
matcha latte	4.69	328	5.09	452	5.29	576
hot tea	2.69	0	2.99	0	3.29	0

extras

add espresso	adds 5 cal	0.89	whipped cream	adds 60 cal
flavor shot	adds 20 cal/pump	0.69		

Dairy alternatives are available. All beverages available iced or hot. 100% of our coffees and espresso are sustainably certified.

blended beverages

javalanche®

	sm	cal	med	cal	lrg	cal
espresso ☪	4.89	360	5.29	475	5.59	480
caramel ☪	5.09	420	5.49	600	5.79	665
mocha ☪	5.09	405	5.49	565	5.79	615
white mocha ☪	5.09	410	5.49	575	5.79	630
vanilla cream	5.09	470	5.49	530	5.79	590
strawberry cream	5.09	450	5.49	500	5.79	560

smoothies

mixed berry 🍓	5.19	315	5.59	315	5.89	365
mango 🍌	5.19	315	5.59	315	5.89	365
strawberry 🍓	5.19	315	5.59	315	5.89	365
strawberry banana 🍌	5.19	315	5.59	315	5.89	365
matcha green tea	5.19	395	5.59	494	5.89	575

refreshers

dragonfruit lychee	4.39	77	4.69	103	5.09	120
strawberry/açaí	4.39	88	4.69	120	5.09	140
watermelon/cucumber mint	4.39	94	4.69	117	5.09	140

☪ prepared with fresh espresso

🍓 smoothies are made with 100% fruit.

made with apricot green iced tea

2000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.