



CONNECT

Fitness Studio
Wellness Center

Juice Bar

Juices - \$8.00

Divine Power:

spinach, ginger, celery, apples & cucumber

Budha Bod:

wheatgrass, kale, ginger, orange & carrot

Sounds like Summer:

watermelon, cucumber, mint, ginger, lemon & pineapple

Solstice:

tumeric, ginger, carrot, apple & orange

Heart Beets:

beets, carrot, apple, ginger & lemon

Smoothies - \$9.00

Green Goddess:

spinach, pineapple, kale, banana & coconut milk

Warrior:

strawberries, banana & coconut milk

Mango Tango:

mango, banana, strawberries, peaches & coconut milk

#Blessed:

mango, bananas, peaches, pineapple & vanilla yogurt

Wisdom & Wellness:

pineapple, banana & coconut milk

Solar Plexus:

orange, kiwi, mango & vanilla yogurt

PB & RP:

chocolate ice cream, reeses pieces, banana, peanut butter & milk

Bowls - \$12.00



Acai Bowls: blended organic acai with strawberries, blueberries, banana & coconut milk or honey water

Plank You Very Much:

PB fit topped with strawberries, banana, granola & nutella or peanut butter

Humble Bowl:

topped with pineapple, banana, granola, coconut flakes & honey or agave

The Dream Bowl:

topped with strawberries, banana, granola & honey or agave

Namaste Bowl:

topped with strawberries, blueberries, bananas & coconut



Pitaya Bowls: blended organic pitaya, pineapple, strawberries, banana & coconut milk

Popin' Pitaya:

topped with pineapple, banana, coconut flakes granola & honey or agave

Connect Bowl:

topped with banana, granola, walnuts, almonds & peanut or almond butter

Center Squared:

topped with pineapple, strawberries, banana & coconut milk