

# SMOOTHIES

## ESSENTIAL | 10.95

### GREEN DETOX

**CLEANSE + HYDRATE** | KALE, SPINACH, LEMON, GINGER, MINT, CUCUMBER, APPLE, PINEAPPLE, PEAR, CHIA SEED, COCONUT WATER, CRACKED BLACK PEPPER

### IMMUNO-BERRY

**ANTIOXIDANT + IMMUNITY** | BLUEBERRY, STRAWBERRY, BANANA, FLAX, CHIA SEED, DATES, LEMON JUICE, PROTEIN POWDER, COCONUT WATER, DRAGONFRUIT COCONUT SWIRL

### BIG GREEN ENERGY

**ENERGIZE + DETOX** | KALE, SPINACH, MATCHA, BLUE SPIRULINA, BANANA, ALMOND BUTTER, DATES, PROTEIN POWDER, COCONUT WATER

### GOLDEN GLOW

**IMMUNITY + ANTI-INFLAMMATORY** | MANGO, PINEAPPLE, VANILLA YOGURT, COLLAGEN, PROTEIN POWDER, TURMERIC, GINGER, CHIA SEED, COCONUT MILK, ELDERBERRY SEA MOSS GEL, CAMU CAMU, DRAGON FRUIT COCONUT SWIRL

## EVOLVE | 12.95

### VANILLA SHAKE 34G PROTEIN

**SUSTAIN + ANTIOXIDANT** | VANILLA, ALMOND BUTTER, BANANA, CAULIFLOWER, CASHEW, CHIA SEED, DATES, SEA SALT, PROTEIN POWDER, ALMOND MILK

### BLUE MAGIC 35G PROTEIN

**ENERGIZE + PROTECT** | PINEAPPLE, MANGO, BANANA, VANILLA YOGURT, BLUE SPIRULINA, CHIA SEED, ALMOND BUTTER, PROTEIN POWDER, COCONUT MILK, COCONUT SWIRL

### PB POWER 37G PROTEIN

**FUEL + SATIATE** | PEANUT BUTTER, CACAO, BANANA, DATES, SEA SALT, PB2, PROTEIN POWDER, ALMOND MILK

### ESPRESSO GLOW 37G PROTEIN

**STIMULATE + SUSTAIN** | ESPRESSO, ALMOND BUTTER, CINNAMON, VANILLA, BANANA, OATS, DATES, PROTEIN POWDER, COLLAGEN, ALMOND MILK, COCONUT SWIRL

## ELEVATE | 13.95

### S&T RECOVERY 40G PROTEIN

**REFUEL + REPLENISH** | BLUEBERRY, CASHEW, ALMOND BUTTER, MACA, DATES, CINNAMON, BLUEBERRY CHIA JAM, COLLAGEN, PROTEIN POWDER, ALMOND MILK

### THE LAGREE SHAKE 44G PROTEIN

**FUEL + RECOVER** | RASPBERRY, STRAWBERRY, CAULIFLOWER, VANILLA YOGURT, CASHEW BUTTER, PITAYA, LUCUMA, VANILLA, DATES, CREATINE, COLLAGEN, PROTEIN POWDER, COCONUT WATER, STRAWBERRY-BEET VANILLA SWIRL

### HYROX FOR BREAKFAST 45G PROTEIN

**HIGH PROTEIN + FUEL** | BANANA, OATS, HAZELNUT BUTTER, MACA, DATES, VANILLA, FLAX, SEA SALT, PB2, COLLAGEN, CREATINE, PROTEIN POWDER, CASHEW MILK, BLUEBERRY-VANILLA SWIRL

### STRAWBERRY BLOSSOM 32G PROTEIN

**BRIGHT + NOURISH** | STRAWBERRY, BANANA, CHERRY, PITAYA, DATES, LEMON, CHIA SEEDS, MACA, COLLAGEN, PROTEIN POWDER, SALT, CASHEW BUTTER, CASHEW MILK, UBE COCONUT SWIRL

### GLOW WITH 38G PROTEIN THE FLOW

**S&T X MARLOW** | SPINACH, PINEAPPLE, BANANA, ORGANIC PUMPKIN SEEDS, ORGANIC FLAX, ORGANIC CAMU CAMU, DATES, GINGER, LIME, COLLAGEN, PROTEIN POWDER, ALMOND BUTTER, COCONUT WATER, COCONUT WHIP

#### ADD-ONS | 1.50

DOUBLE ESPRESSO • MATCHA • PROTEIN POWDER (VEGAN/WHEY) • COLLAGEN • L-GLUTAMINE  
BLUE SPIRULINA • NUT BUTTER • MCT OIL • LION'S MANE • REISHI • MACA • ASHWAGANDA

# COFFEE & TEA

POWERED BY PILOT COFFEE ROASTERS

ESPRESSO 3.25

AMERICANO 4.00

DRIP S 3.25 / M 3.50 / L 3.75

CAPPUCCINO 4.35

FLAT WHITE 4.35

LATTE 4.75

LONDON FOG 4.75

MATCHA LATTE 7.00

TURMERIC LATTE 5.00

STEEPED TEA 3.50

SELECTION FROM GENUINE TEA

OAT / ALMOND / COCONUT +\$1.00

SUPER DRIP 4.75


PILOT DRIP COFFEE, MCT OIL, GHEE

S&T LATTE 7.00

ESPRESSO, STEAMED MILK, HONEY, COLLAGEN,  
MACA, VANILLA

S&T MATCHA 7.00

KATO ORGANIC MATCHA, STEAMED MILK,  
HONEY, COLLAGEN, LION'S MANE

HOJICHA LATTE  7.00

GENUINE TEA HOJICHA, MAPLE SYRUP, STEAMED MILK

RASPBERRY ICED MATCHA  8.00

KATO ORGANIC MATCHA, MILK, RASPBERRY JAM  
(RASPBERRY, HONEY, BEET)

ADD-ONS | 1.50

ESPRESSO SHOT · COLLAGEN · MCT OIL  
LION'S MANE · REISHI · MACA · ASHWAGANDA

**COCONUT MANGO** **DF** **6.95**  
**CHIA PUDDING**

COCONUT MANGO WHIP, BUTTERFLY PEA POWDER,  
COCONUT MILK, CHIA SEED, COLLAGEN, VANILLA,  
MAPLE SYRUP, SEA SALT

**EARL GREY BLUEBERRY** **VG** **6.95**  
**CHIA PUDDING**

EARL GREY TEA, COCONUT MILK, CHIA SEED, VANILLA,  
MAPLE SYRUP, ALMOND BUTTER, BLUEBERRY CHIA COMPOTE,  
UNSWEETENED COCONUT CHIPS

**VANILLA CHERRY GREEK** **6.95**  
**YOGURT PARFAIT**

UNSWEETENED VANILLA GREEK YOGURT, MAPLE  
GRANOLA (BROWN RICE CRISP, ALMOND, ALMOND  
BUTTER, PUMPKIN SEED, CHIA SEED, PUFFED  
QUINOA, MAPLE SYRUP, SALT), CHERRY CHIA COMPOTE  
(CHERRY, BEET, MAPLE SYRUP, LEMON, CHIA SEED)

**RASPBERRY MATCHA OAT** **6.95**  
**PROTEIN PUDDING**

KATO ORGANIC MATCHA, BLENDED OATS, COLLAGEN, WHEY  
PROTEIN, SPIRULINA, RASPBERRY JAM (RASPBERRY, HONEY,  
BEET), VANILLA, MAPLE SYRUP, CASHEW BUTTER, CASHEW  
MILK, WATER, CACAO NIBS

**GRAB & GO**



# S&T x CHOP HOP

## RASA SALAD | \$10

KALE, NAPA CABBAGE, CUCUMBERS, PEPPERS, GRAPES, QUINOA, MINT, PARSLEY, RED WINE VINAIGRETTE, JALAPENO, FETA, CHICKPEAS, SUMAC

## HARVEST BOWL | \$10

KALE, RED CABBAGE, ROASTED SWEET POTATO AND BRUSSELS SPROUTS, APPLE, RED GRAPES, DIJON APPLE CIDER VINAIGRETTE, SAVORY THYME CREMA, CANDIED PUMPKIN SEEDS, QUINOA



## CHICKEN CAESAR WRAP | \$10

ROASTED CHICKEN BREAST, KALE, ROMAIN, SUN-DRIED TOMATO, ONION, GREEN PEPPER, BRUSSELS SPROUT, CREAMY CAESAR

## MEDITERRANEAN FALAFEL WRAP | \$10

FALAFEL, ROMAINE, KALE, CUCUMBER, PICKLED TURNIP, ROASTED CAULIFLOWER, WHITE ONION, BEET HUMMUS, HERB TAHINI, TORTILLA

### ADD PROTEIN:

HERB CRUSTED CHICKEN BREAST • \$7.50

FALAFEL • \$6

HARD BOILED EGG • \$4



# TONICS

## HYDRATE (ICED)

PRE-SWEAT | COCONUT WATER, BEET JUICE, LEMON JUICE, MAPLE SYRUP

4.75

## REPLENISH (ICED)

POST-SWEAT | UNSWEETENED FRESH PRESSED ORANGE JUICE, COCONUT WATER

4.75

## IMMUNITY (HOT OR ICED)

PROTECT | GINGER JUICE, LEMON JUICE, TURMERIC, HONEY

4.75

## DETOX (HOT OR ICED)

CLEANSE | FILTERED WATER, BLUE SPIRULINA, LEMON JUICE

4.75

## THE PUNCH (ICED)

S&T x WAKEWATER | WAKEWATER FRUIT PUNCH ELECTROLYTES, FILTERED WATER, MIXED BERRY PUREE (RASPBERRY, STRAWBERRY, BEET, VANILLA), MAPLE SYRUP, ORANGE JUICE, ORANGE SLICE

4.75

## CHICKEN BONE BROTH

12 OZ | FILTERED WATER, PASTURE-RAISED CHICKEN BONES, \*ONION, \*CARROT, \*CELERY, \*BLACK PEPPERCORN, \*BAY LEAF, \*APPLE CIDER VINEGAR, PINK SALT

9.00

# TOASTS & OATS

## SUPERFOOD CHOCOLATE TAHINI

10.95

SOURDOUGH, TAHINI, COCOA POWDER, LION'S MANE, REISHI, MAPLE SYRUP, VANILLA, SEA SALT, HEMP SEED

## AVO SMASH

10.95

SOURDOUGH, FRESHLY SMASHED AVOCADO, LIME, CHIVE, EVOO, SEA SALT, CRACKED BLACK PEPPER, CHILI FLAKES

## LOX OF LOVE

12.95

SOURDOUGH, SMOKED SALMON, LABNEH, CUCUMBER, CAPERS, PICKLED ONION, DILL, EVOO, LIME, SEA SALT, CRACKED BLACK PEPPER

ADD-ONS:

HARD BOILED EGG +\$2    SMOKED SALMON +\$4.50

---

## PB CHOCOLATE OATS

8.00

ROLLED OATS, UNSWEETENED PEANUT BUTTER, CACAO, PROTEIN POWDER, MAPLE SYRUP, STEAMED MILK, CACAO NIBS

# BAKERY BITES

HAZELNUT CHOCOLATE CHIP PROTEIN COOKIE **DF** 5.95

NO-TELLA PALEO FUDGE BAR **DF** 5.95

PALEO BLUEBERRY PROTEIN MUFFIN 6.95

PALEO CHOCOLATE PROTEIN MUFFIN 6.95

CHOCOLATE CHIP BANANA BREAD **VG** 5.95

CHOCOLATE GANACHE BROWNIE **VG** 5.95

ORGANIC COOKIE DOUGH POWER BALL **VG** 2.85

ORGANIC COCONUT MATCHA POWER BALL **VG** 2.85

DARK CHOCOLATE BUCKWHEAT COOKIE **VG** 5.95

UBE CASHEW COCONUT COOKIE 5.95

BREAKFAST COOKIE 5.95

MATCHA PISTACHIO COOKIE 4.25

ASSORTED SCONES 4.95

BLUEBERRY LEMON  
BLACK FOREST HAM & CHEESE  
KALE, SWEET POTATO & CHEDDAR  
WHITE CHOCOLATE RASPBERRY