

# Fitspresso Café Menu

	<b>Tall</b>	<b>Grande</b>		<b>Tall</b>	<b>Grande</b>
	12 oz.	16 oz.		12 oz.	16 oz.
* <b>Americano</b>	\$1.50	\$2.00	<b>Chai Tea</b>	\$2.50	\$3.00
<b>Latte</b>	\$2.25	\$2.75	<b>Hot Chocolate</b>	\$2.00	\$2.50
<b>Flavored Latte</b>	\$2.50	\$3.00	* <b>SF Hot Chocolate</b>	\$2.00	\$2.50
<b>Cappucino</b>	\$2.00	\$2.50	* <b>Tazo Tea</b>	\$1.00	\$1.00
<b>Mocha</b>	\$2.50	\$3.00	Wild Orange, Awake Black, Calm Chamomile, Green Tips		
* <b>SF Mocha</b>	\$2.50	\$3.00			
<b>Flavored Mocha</b>	\$2.75	\$3.25			

**Milk Options:** 2%, \*Non-fat, \*Soy - \$0.25 extra

**Flavors:** Vanilla, Chocolate, Hazelnut, Almond, Irish Cream, Caramel, Cinnamon, White Chocolate, Amaretto, Coconut, Raspberry

\***Sugar Free Flavors:** Vanilla, Chocolate, Hazelnut, Irish Cream, Caramel, Coconut – All Flavors - \$0.25 extra

## **Food**

### Breakfast & Light Items

* <b>Baker's Breakfast Cookies Only 80 calories!</b>	*Weight Watchers approved	\$0.50
Chocolate Chip, Cranberry orange, Oatmeal Fruit, Chocolate Amaretto		
* <b>Nugo Bars</b> Chocolate banana & Orange Cream		\$1.50
* <b>Clue Bars</b> Oatmeal Chocolate Chip & Oatmeal Raisin		\$1.50
* <b>Annie's Breakfast Burritos</b>		\$2.50
* <b>Yoplait Lite Yogurt</b>		\$0.75
* <b>Seasonal Fresh Fruit</b>		\$0.50
* <b>Protein Fruit Shake</b>		\$2.75
<b>Berry Antiox. Shake</b>		\$2.75

### Lunch Items

<b>Chimichangas</b> Chicken & Cheese	\$1.00
<b>Chicken Teriyaki Bowls</b>	\$2.50
<b>Smoked Salmon</b>	\$ Varies by Weight

### Snacks

* <b>Beef Jerkey</b>	\$1.00
<b>Potato Chips - Baked</b>	\$0.75
<b>Pretzels</b>	\$0.75
<b>Peanuts</b>	\$0.50
<b>Sunflower Seeds</b>	\$0.50
* <b>Smart-pop Pop-corn</b> Butter Flavored	\$0,75
<b>Dagoba Chocolate Bar</b> Organic, Dark	\$2.75
* <b>Sahale Snack Packs</b>	\$2.75
Almond/date/flax blend Pistachio/sesame/fig blend	

\***Indicates Diabetic Friendly Choices**

**SF = Sugar Free**

Lummi Fitness Center 2600 Kwina Rd.