

SMOOTHIES

S&T 360 14.95 | 12.95 (UNLIMITED MEMBER EXCLUSIVE)

BRAIN BOOST + DIGESTION | RASPBERRIES, CACAO NIBS, CAULIFLOWER, CASHEWS, COLLAGEN, LION'S MANE, PROTEIN POWDER, VANILLA, CASHEW MILK, DATES, COCONUT-ALMOND CHIA PUDDING, STRAWBERRY BEET DRIZZLE

S&T RECOVERY 12.95

REFUEL + REPLENISH | BLUEBERRIES, COLLAGEN, CASHEWS, ALMOND BUTTER, PROTEIN POWDER, MACA, ALMOND MILK, DATES, CINNAMON, COCONUT OIL, BLUEBERRY CHIA JAM

COLLAGEN LIFT 12.95

SKIN HEALTH + IMMUNITY | STRAWBERRY, CHERRIES, COLLAGEN, PROTEIN POWDER, CHERRY CHIA JAM, COCONUT OIL, COCONUT MILK

CHOCO PB POWER **VG** 9.95

PROTEIN-RICH + SATIATING | PEANUT BUTTER, CACAO POWDER, BANANA, DATES, ALMOND MILK, SEA SALT

ESPRESSO GLOW **DF** 11.95

STIMULATE + SUSTAIN | ESPRESSO, ALMOND BUTTER, CINNAMON, COLLAGEN, VANILLA, BANANA, OATS, DATES, ALMOND MILK

COCONUT DREAM **DF** **K** 12.95

ENERGIZE + FORTIFY | COCONUT MILK, PINEAPPLE, AVOCADO, BANANA, COLLAGEN, BLUE SPIRULINA, VANILLA, ALMOND BUTTER, COCONUT WHIP, TOASTED COCONUT

ADD-ONS | 1.50: ESPRESSO SHOT · MATCHA · PROTEIN POWDER (VEGAN/WHEY) · COLLAGEN · L-GLUTAMINE · PEANUT / ALMOND BUTTER MCT OIL · STRAWBERRY BEET DRIZZLE

GOLDEN GLOW **DF** 9.95

REFRESH + ANTI-INFLAMMATORY | MANGO, PINEAPPLE, COLLAGEN, TURMERIC, GINGER, ORANGE JUICE, COCONUT MILK, COCONUT OIL

GREEN DETOX **VG** **K** 9.95

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

SUMMER FEATURES

VANILLA SHAKE **VG** 9.95

SUSTAIN + ANTI-OXIDANT | ALMOND BUTTER, BANANA, CAULIFLOWER, CASHEWS, CHIA SEEDS, VANILLA, DATES, SEA SALT, ALMOND MILK

BIG GREEN ENERGY **VG** 11.95

ENERGIZE + DETOX | KALE, SPINACH, MATCHA, BLUE SPIRULINA, BANANA, ALMOND BUTTER, DATES, MCT OIL, TOASTED COCONUT, COCONUT WATER

TROPICAL GREEN **DF** 11.95

RESTORE + HYDRATE | MANGO, LIME, TOASTED COCONUT, KALE, SPINACH, CUCUMBER, APPLE, HONEY, COCONUT MILK

BERRY SMOOTH BOOST 12.95

S&T x FIRST AID BEAUTY

STRAWBERRY, BLUEBERRY, UBE, BANANA, BUTTERFLY PEA POWDER, FLAX, CHIA SEED, PROTEIN POWDER, COCONUT MILK, STRAWBERRY COCO-WHIP

COFFEE & TEA

POWERED BY PILOT COFFEE ROASTERS

ESPRESSO 3.25

AMERICANO 3.50

DRIP S 2.75 / M 2.95 / L 3.25

CAPPUCCINO 4.25

LATTE 4.25

FLAT WHITE 4.25

LONDON FOG 4.50

MATCHA LATTE 4.50

TURMERIC LATTE 4.50

STEEPED TEA 3.50

SELECTION FROM GENUINE TEA

OAT / ALMOND / CASHEW / COCONUT / SOY MILK +\$0.50

ICED AMERICANO 4.50

ICED LATTE 4.50

ADD CHOCOLATE DRIZZLE +\$1.50

ICED MATCHA LATTE 4.50

ADD STRAWBERRY BEET DRIZZLE +\$1.50

SUMMER FEATURE

FROSTY PROTEIN CAPPUCCINO 8

ESPRESSO, WHOLE MILK, WHEY PROTEIN POWDER,
CHOCOLATE DRIZZLE

PROTEIN COUNT: 31 G

ADD-ONS: \$1.50

EXTRA ESPRESSO SHOT

COLLAGEN

MCT OIL

STRAWBERRY BEET DRIZZLE

CHOCOLATE DRIZZLE

S&T x **FIRST AID BEAUTY**

BERRY SMOOTH BOOST

STRAWBERRY, BLUEBERRY, UBE, BANANA, BUTTERFLY PEA POWDER, FLAX, CHIA SEED, PROTEIN POWDER, COCONUT MILK, STRAWBERRY COCO-WHIP

12.95



SKIN + GUT-LOVING
PACKED WITH ANTI-OXIDANTS,
VITAMINS & OMEGA-3 FOR HYDRATION
& COLLAGEN SUPPORT

SUMMER-FRESH SMOOTHIES

TROPICAL GREEN | 11.95

RESTORE + HYDRATE

BIG GREEN ENERGY | 11.95

ENERGIZE + DETOX

VANILLA SHAKE | 9.95

SUSTAIN + ANTI-OXIDANT



GREAT MINDS THINK AHEAD

PRE-ORDER ON THE S&T APP



GRAB & GO

PEACHES & CREAM ^{DF} CHIA PUDDING

7.95

CHIA SEED, PEACH COMPOTE (PEACHES, HONEY, LEMON JUICE), COCONUT MILK, VANILLA, MAPLE SYRUP, CINNAMON

STRAWBERRY MATCHA ^{VG} CHIA PUDDING

7.95

CHIA SEED, MATCHA, STRAWBERRY CASHEW CREAM (STRAWBERRY, BEET POWDER, CASHEW, LEMON JUICE, MAPLE SYRUP), TOASTED COCONUT, COCONUT MILK, VANILLA, MAPLE SYRUP

PB + CHOCOLATE ^V PROTEIN OATS

6.95

STEEL CUT OATS, ROLLED OATS, CHIA SEED, ALMOND MILK, CACAO NIBS, CACAO POWDER, WHEY PROTEIN, MAPLE SYRUP, SEA SALT

PROTEIN COUNT: 22 G

TOASTS

LOX OF LOVE

10.95

SOURDOUGH, SMOKED SALMON, CREAM CHEESE, PICKLED RADISH, LEMON JUICE, FRESH DILL, CRACKED BLACK PEPPER

AVO SMASH ^{VG}

9.95

SOURDOUGH, FRESHLY SMASHED AVOCADO, LEMON JUICE, BLACK & WHITE SESAME, EVOO, SEA SALT, CRACKED BLACK PEPPER, CHILI FLAKES

ADD SMOKED SALMON +\$4.50

^{DF} DAIRY FREE

^K KETO

^{VG} VEGAN

^V VEGETARIAN



BAKERY BITES

HAZELNUT CHOCOLATE ^{DF}
CHIP PROTEIN COOKIE 4.95

DOUBLE CHOCOLATE ^{VG}
PROTEIN COOKIE 4.95

NO-TELLA PALEO FUDGE BAR ^{DF} 4.95

PALEO BLUEBERRY PROTEIN
MUFFIN 6.95

PALEO CHOCOLATE PROTEIN
MUFFIN 6.95

CHOCOLATE CHIP BANANA ^{VG}
BREAD 5.95

CHOCOLATE GANACHE BROWNIE ^{VG} 5.95

ORGANIC PB CLUSTER ^{VG} 3.95

ORGANIC COOKIE DOUGH ^{VG}
POWER BALL 2.50

DARK CHOCOLATE ^{VG}
BUCKWHEAT COOKIE 5.95

UBE CASHEW
COCONUT COOKIE 5.95

BREAKFAST COOKIE 5.95