

selia

GRAB & GO

BREAKFAST SANDWICH 9
ciabatta, bacon, egg, burnt onion aioli, cheddar

SOUTHWEST BREAKFAST SANDWICH 9
ciabatta, house sausage, egg, cheddar cheese, spicy chipotle aioli

AVO BREAKFAST SANDWICH 9
ciabatta, egg, avocado, tomato, arugula, burnt onion aioli

Add Tatter Tots 3

SMOOTHIES

all smoothies come with 1 scoop of protein

MONSTER MATCHA 10
banana, spinach, oat milk, vanilla protein powder, matcha

HAWAIIAN SUNRISE 10
banana, mango, toasted coconut, coconut cream, mango & pineapple juice, vanilla protein powder

STRAWBERRY STORM 10
strawberries, banana, vanilla protein powder, oat milk

BERRY BLAST 10
mixed berries, oats, vanilla protein powder, grape juice, oat milk

FUNKY MONKEY 10
banana, oats, chocolate oat milk, chocolate protein powder, espresso, wowbutter

PEA-NOT BUTTER 10
banana, oat milk, wowbutter, chocolate protein powder

GO BANANAS 10
banana, pineapple, honey, oat milk, vanilla protein powder

SUBS AND ADD ONS

SUB - Glow Body Protein (contains collagen) - \$1.50

SUB - or Vegan Protein - \$1.50

ADD ON- Extra Protein - \$3

ADD ON - Deluxe Protein- \$4

ADD ON - MCT Oil - \$2.50

ADD ON - Fresh Egg - \$1.50

ADD ON - Spinach - \$1.00

ADD ON- Wow Peanut Butter (NUT FREE) - \$1.50

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