

# SIERRA'S CAFE

## CAFE & SMOOTHIE BAR

### PIZZA, SANDWICHES & SALADS

**INDIVIDUAL PIZZA 7"** **\$6.00**

**GLUTEN FREE PIZZA 10"** **\$10.00**

Each Topping an additional .60

**WRAPS & SANDWICHES** Turkey or Ham **\$6.00**

**GRILLED CHEESE** **\$3.50**

**PB&J** **\$3.50**

**SALADS** **\$3.50ea OR 2/\$6.00**

### GRAB & GO

**MUSCLE MILK** **\$3.50**

**FROZEN YOGURT** **\$3.00**

**TRAIL MIX** **\$2.50**

**PROTEIN BAR** **\$2.00**

**APPLE SAUCE** **\$2.00**

**CHIPS** **\$1.25**

**PIECE OF FRUIT** **\$1.00**

### QUENCH YOUR THIRST

**SPORTS DRINKS** **\$1.75**

**COFFEE/ HOT TEA** **\$1.25**

**JUICE BOXES** **\$1.00**

**WATER** **\$1.00**



# REFUEL & RECOVER

UNIQUE BLENDS FOR RECOVERY

20oz. - \$5.75 | 12oz. - \$4.75

## **STRAWBERRY SLAM**

Strawberries & Bananas with 20g Vanilla  
Whey Protein

## **HAWAIIAN HARVEST**

Pineapple, Coconut & Banana with 20g Vanilla  
Whey Protein

## **I LOVE VEGGIES**

Pineapple, Coconut, Spinach, Kale, Avocado,  
Lemon & Banana with 20g Vanilla Whey Protein

## **TRIM & LOW-CAL**

FOR THE CALORIE CONSCIOUS

20oz. - \$5.75 | 12oz. - \$4.75

## **6 PACK ATTACK**

**350CAL | 220CAL**

Your choice of Milk, Rich Chocolate & Banana  
blended with 30g Chocolate Whey Protein

## **BERRY, BERRY TRIM**

**330CAL | 250CAL**

Strawberries, Blueberries, Blackberries,  
Raspberries & Banana with 20g Whey Protein

## **PB CUP LITE**

**280CAL | 180CAL**

Your choice of Milk, Chocolate & Organic 'PB  
Lite' blended with 20g Chocolate Whey Protein





# RISE AND SHINE

HEALTHY WAY TO WAKE UP

20oz. - \$5.75 | 12oz. - \$4.75

## JAVA JOLT

Your choice of milk, truly latte & mocha java  
with 20g Vanilla Protien

## ENERGY ELIXIR

Your choice of milk, truly latte & banana  
with 20g Vanilla Protien

## BERRY SUNRISE

Strawberries, Blueberries, Blackberries, Raspberries  
& Banana PB-cup lite with 20g Whey Protein

## THE LITTLE ONES

BALANCED NUTRITION

12oz. - \$4.25

## COOKIE MONSTER

Choice of Milk, Vanilla Cream & Chocolate  
Cookie Bits with 10g Chocolate Whey Protein

## RAZZLEBERRY

Raspberries, Strawberries, Blueberries, Blackberries  
& Banana with 10g Vanilla Whey Protein

## STRAWBERRY SHORTCAKE

Raspberries & Banana with 10g Vanilla Whey Protein

