



Hot Drinks	12 oz	cal	16 oz	cal	20 oz	cal
Hot Tea	2.50	5	2.75	5	3.00	5
Hot Chocolate	3.00	280	3.50	330	4.00	420
Steamer	3.00	275	3.50	120	4.00	375
Chai Latte	3.75	245	4.25	300	5.25	310
Syrup	.35	80				
Soy	.75	16				
Shot	.50	5				



Espresso	12 oz	cal	16 oz	cal	20 oz	cal
Latte	4.00	180	4.50	260	5.50	300
Mocha	4.50	250	5.00	330	5.75	420
Cappuccino	4.00	90	4.50	120	5.50	190
Americano	3.75	0	4.25	0	5.25	0
Breve	4.50	426	5.00	568	6.00	710
Sludge	3.50	5	3.50	5	3.50	5
Doppio	2.50	5				
Machiatto	2.75	190				
Drip Coffee	2.25	0	2.50	0	3.00	0



Ice Drinks	16 oz	cal
Iced Chai	4.50	300
Iced Mocha	5.00	330
Iced Latte	4.50	260
Gronk Italian Soda	5.25	
Italian Soda	3.50	
Iced Americano	3.50	5
Iced Coffee	2.50	5



SIGNATURE FRESH SMOOTHIES

\$8 16oz.

GREEN & GOLD CAL 190

KALE, ORANGE, HONEY, GREEK YOGURT
OUR SIGNATURE SMOOTHIE

SEAWOLF JUICE CAL 210

BANANA, STRAWBERRY, CARROTS
APPLE JUICE, GREEK YOGURT

VANILLA BANANA PEANUT BUTTER CAL 230

BANANA, PEANUT BUTTER, VANILLA,
GREEK YOGURT, HONEY, MILK

RASPBERRY GREEN TEA CAL 190

GREEK YOGURT, RASPBERRIES, BANANA,
HONEY, GREEN TEA

STRAWBERRY BANANA CAL 200

GREEK YOGURT, STRAWBERRIES, BANANA, MILK

BLUEBERRY BANANA MUFFIN CAL 230

VANILLA GREEK YOGURT, BLUEBERRIES, BANANA
RAW OATS, MILK

