



FUEL YOUR DAY

SMOOTHIES

ENERGY

TABLE ROCK'N

Blueberries, Mangos, Coconut Water & Sugar Free RedBull

11.00

MATCHACADO

Matcha Sorbet, Avocado, Honey & Milk, Topped w/ Sweet Cream & Honey Drizzle in cup

11.00

PROTEIN

PEANUT BUTTER DREAM

Banana, Chocolate Protein Powder, Peanut Butter/Almond Butter & Milk

11.00

STRAW-NANA

Strawberry, Banana, Vanilla Protein Powder & Milk

11.00

AMETHYST COVE

Dragonfruit, Pineapple, Vanilla Protein Powder, Blue Spirulina & Milk

11.00

BEACH BREEZE

Mango, Strawberry, Greek Yogurt & Milk

11.00

BLUE SKY

Pineapple, Coconut, Greek Yogurt, Blue Spirulina & Milk, Topped w/ Sweet Cream & Blue Spirulina Drizzle in cup

11.00

SIGNATURE

DOCKSIDE DELIGHT

Mango, Coconut, Pineapple & Milk Topped w/ Coconut Flakes & Honey Drizzle in cup

9.00

LAKE MOSS

Spinach, Banana, Mango, Chia Seeds & Milk

9.00

PB&J

Strawberry, Banana, Blueberry, Peanut/Almond Butter & Milk w/ Peanut Butter Smear in cup

9.00

ACAI BERRY

Strawberry, Blueberry, Acai, Chia Seeds & Coconut Water

9.00

DRAGON FRUIT BARBIE

Strawberry, Mango, Dragonfruit & Coconut Water

9.00

CREATE YOUR OWN SMOOTHIE

9.00

CHOOSE 1 BASE

Whole Milk
Almond Milk
Coconut Water
Lactose Free Milk

CHOOSE 2 FRUIT/VEG.

Strawberry - Banana - Avocado
Spinach - BlueBerry - Mango
Pineapple - Dragonfruit
Acai - Coconut - Matcha

CHOOSE UP TO 3 ADD-INS

Peanut Butter - Nutella
Almond Butter - Honey
Coconut Flakes - Chia Seeds

ADD 1 FOR JUST \$2 MORE!

Chocolate Protein Powder - Vanilla Protein Powder - Greek Yogurt - Collagen - Creatine only \$1



BOWLS & COOLERS



PARFAIT

ANCHORS AWAY 7.00

Greek Yogurt Topped w/ Granola,
Banana, Strawberry, Blueberry &
Honey Drizzle

SMOOTHIE BOWLS

LAKEVIEW PB&J 10.00

Acai Topped w/ Granola, Strawberry,
Blueberry, Almond Butter &
Chocolate Chips

COCO-NUTTY 10.00

Coconut Topped w/ Granola, Banana,
Blueberry, Almonds & Nutella

DRAGON FOOD 10.00

Dragonfruit Topped w/ Granola,
Banana, Blueberry, Coconut Flakes &
Honey Drizzle

LOTUS 10.00

Matcha & Coconut Topped w/
Granola, Strawberry, Chia Seeds,
Coconut Flakes & Honey Drizzle



CREATE YOUR OWN

PARFAIT 7.00

Greek Yogurt w/ up to 5 Toppings

SMOOTHIE BOWL 10.00

Choose your Base and up to 5
Toppings

SMOOTHIE BOWL BASE

Acai
Matcha
Coconut
Dragonfruit

TOPPINGS

Strawberries - Blueberries - Bananas
Granola - Chocolate Chips - Almond Butter
Peanut Butter - Honey - Coconut Flakes
Chia Seeds - Nutella - Pineapple - Mango
Sliced Almonds

COOLERS AND FROZEN LEMONADE

LAKE FUEL COOLER 20oz 5.50

Sugar Free RedBull & Lemonade w/
choice of 1 flavor

FROZEN LEMONADE 16oz 4.00

Lemonade w/ choice of 1 flavor

FLAVORS

Watermelon - Strawberry - Peach - Blood Orange
Blue Raspberry - Lavender (Sugar Free)

OWN THE LAKE