



CAMBRIDGE
FITNESS™

WILMINGTON

Café Menu

Coffee and Espresso

Brewed Coffee

- Medium \$1.50
- Large \$2.00

Cappuccino

- Medium \$3.00
- Large \$4.00

Latte

- Medium \$3.00
- Large \$4.00

Americano

- Medium \$3.00

Espresso

- Medium \$1.50

Red Eye

- Medium \$3.50

Fruit Smoothie \$6.50

Tropical Oasis

Strawberry

Green Giant

Chocolate Covered Strawberry

Protein Smoothie \$7.00

Berry Berry Good

Peaches n Cream

Pina Colada

Banilla

Chunky Monkey

No Bake Cookie

Java Jolt

Chocolate Frosty

Strawberry Shredder

Incredible Hulk

Snacks and Add Ons

Water \$1.00

Kind Bar \$1.00

Granola Bar \$1.00

Lara Bar \$2.00

Protein Powder \$1.00

Celsius \$3.00

Ghost \$3.00

Liquid IV \$1.50

Additional Fruit \$0.50

Coffee Syrups \$0.50

REFUEL & RECOVER

UNIQUE BLENDS FOR RECOVERY | 20oz. – \$7.00

BERRY, BERRY GOOD

Strawberry, Blueberry, Raspberry, Blackberry, Banana, Vanilla Whey Protein

PIÑA COLADA

Pineapple, Coconut, Banana, Vanilla Whey Protein

INCREDIBLE HULK

Almond Milk, Kale, Spinach, Banana, Vanilla Whey Protein

CHUNKY MONKEY

Almond Milk, Banana, PB Lite, Chocolate Whey Protein

NO BAKE COOKIE

Almond Milk, PB Lite, Oats, Chocolate, Vanilla Whey Protein

PEACHES N’ CREAM

Peaches, Pears, Apricots, Strawberries & Banana with Vanilla Whey Protein

JAVA JOLT

Almond Milk, Organic Coffee, Organic Chocolate, Vanilla Whey Protein

CHOCOLATE FROSTY

Almond Milk, Organic Chocolate, Chocolate & Vanilla Whey Protein

BANILLA

Almond Milk, Vanilla, Banana, Vanilla Whey Protein

STRAWBERRY SHREDDER

Almond Milk, Strawberry, Coconut, Banana, Vanilla Whey Protein

CRUSHED FRUIT

CRUSHED FRUIT| 20oz. – \$6.50

STRAWBERRY CLASSIC

Strawberry, Lemon, Banana

TROPICAL OASIS

Strawberry, Pineapple, Coconut, Banana

GREEN GIANT

Pineapple, Kale, Spinach, Lemon

CHOCOLATE COVERED STRAWBERRY

Chocolate, Strawberry

ADD-INS

ACHIEVE YOUR GOALS

WHEY PROTEIN - \$1.00

20g Vanilla or Chocolate

WHOLE-FOODS

ROOT YOUR GOALS - \$.50

CHOCOLATE • PB LITE

EXTRA FRUIT OR VEGGIES

OATS • COFFEE

COCONUT FLAKES

 Low Sugar <20g

KNOW THIS:

NO GMOS

NO ARTIFICIAL FLAVORS

NO SYNTHETIC SWEETENERS

NO PRESERVATIVES

NO GROWTH HORMONES

NO ANTIBIOTICS



CAMBRIDGE FITNESS

WILMINGTON

TIMING IS EVERYTHING. YOU HAVE 30 MINUTES TO RECOVER!