


Coffee

	<u>12oz</u>	<u>16oz</u>	<u>22oz</u>	<u>32oz</u>
Brewed Coffee	2.50	3.25	4.00	
Iced Coffee		3.50	4.25	5.00
Cold Brew 		4.25	5.00	5.75
Mason Jar Cold Brew		6.00		8.00

Espresso

	<u>12oz</u>	<u>16oz</u>	<u>22oz</u>
Americano	3.25	3.50	4.00
Latte	4.00	4.50	5.25
Cappuccino	4.00	4.50	5.25
Flat White	4.60	4.95	5.50
Mocha & White Mocha	4.50	4.95	5.50
Shakerato		5.25	5.75

Chai & Teas

	<u>12oz</u>	<u>16oz</u>	<u>22oz</u>	<u>32oz</u>
Brewed Tea	3.00	3.50	4.00	
Tea on Tap	2.75	3.25	3.75	
Unsweetened Green, Black, White, and Seasonal				
Arnold Palmer		3.50	4.00	4.50
Chai Latte	3.50	4.50	5.50	6.50
Matcha Latte	3.95	4.95	5.95	6.95

Additional Options

Almond Milk	1.00	Coconut Milk	1.00	Flavored Syrups	.75c
Oat Milk	1.50	Soy Milk	1.00		

Drinks Come Standard with Whole Milk



Lotus Energy

	<u>16oz</u>	<u>22oz</u>	<u>32oz</u>
Mermaid Lavender Energy, Huckleberry and a Gummy Mermaid Tail	4.75	5.75	6.75
Rogue Wave Red Energy, Pineapple and Coconut	4.75	5.75	6.75
Shark Bite ★ Blue Energy, Blue & Red Raspberry and a Baby Gummy Shark	4.75	5.75	6.75
Riptide Blue Energy, Lemonade and Guava	4.75	5.75	6.75
The Falcon Blue Energy, Green Apple and Blue Raspberry	4.75	5.75	6.75

Add 'Power Up' for Only \$1 each

Signature Lattes

	<u>12oz</u>	<u>16oz</u>	<u>22oz</u>
Square Knot ★ Steamed Cinnamon Latte with Honey and Vanilla	5.00	5.50	6.00
Figure 8 Hazelnut White Mocha Latte	5.00	5.50	6.00
Barrel Knot Honey Lavender Latte made with Oat Milk	6.00	6.50	7.00
Half Hitch Mocha Coconut Latte made with Coconut Milk	6.00	6.50	7.00
Brown Sugar Shakerato Shaken Espresso with Brown Sugar & Topped with Fat Free Cold Foam		5.75	5.95

Add Espresso Shots \$1.25 each

Quick & Fresh Food

Muffins	4.00	Ask for Daily Selections
Giant Cookies	4.50	Ask for Daily Selection
Biscuit & Gravy ★	6.00	Large Buttermilk Biscuit Smothered in Gravy
Breakfast Burrito	7.50	Egg, Potato, Bacon, Ham & Cheddar
Spicy Burrito	8.00	Same as above + Ghost Pepper Cheese & Jalapeno
Veggie Burrito	8.00	Egg, Potato, Yellow Pepper & Cheddar
Protein Balls	8.00	Ask for Daily Selection
Snack Pack	6.00	Grapes, Crackers, Salami & Cheese
Yogurt Parfait	5.50	Greek Vanilla Yogurt, Fruit & Granola
Fruit Cup	5.00	Strawberries, Blueberries & Grapes

Additional Menu Items Available Inside or Mobile App

Additional Beverage Options

Soda	2.75	Coke, Diet Coke, Sprite
Natalie's Juices	4.25	Ask for Daily Selection
26g Protein Shakes	3.50	Ask for Flavor Selections
42g Protein Shakes	4.50	Ask for Flavor Selections
Chocolate Milk	4.00	16oz Made with Whole Milk
Liquid Death	3.50	Ask for Flavor Selections
Milks	3.00	12oz Whole Milk, 2% and Fat Free
Bottled Water	2.00	