

Coffee



Charbucks / 2.99

-smoky – deep chocolate roast - strong

Guatemala / 2.79

-brown sugar – clementine – cocoa – fall spices

Mystic Brew / 2.99

-sweet – toasty – chocolatey blend

Colombia / 2.99

-strawberry – clementine - agave

-Seasonal Bongo Blend / 2.79

Tea (house made)

All Teas / 2.99

Honey Green Tea

Wild Blueberry Tea

Smoothies

Bosnian / 4.99 16oz / 6.99 24oz

-house-made nut butter, banana, chocolate whey

Fresh Harvest / 4.99 16oz / 6.99 24oz

-kale, grapes, pear, banana, vanilla whey

Berry Power / 4.99 16oz / 6.99 24oz

-strawberries, blueberries, banana, vanilla whey

Hyper Monkey / 4.99 16oz / 6.99 24oz

-cold brewed BJRC coffee, banana, PB, choc. whey, cacao

Chocolate Covered Berry / 6.99 16oz

Open Daily

Monday - Friday 6am-2pm / 3:30-8pm

Saturday 8am – 4pm



BOOST FITCLUB • NASHVILLE

MENU

Hot Drinks

Smoothies

Grab & Go

NutriBoost

healthy custom prepared meals for you and your family  vitalcafe@boostfitclub.com

Boost FitClub 11 Vaughns Gap Rd
P. 615.662.8989 Nashville, TN 37205
www.boostfitclub.com

Wraps

Turkey Apple / 7.95

whole wheat, turkey breast, spinach, dried blueberries, greek yogurt, togarashi

Chicken Salad Wrap / 8.95

whole wheat, organic chicken salad, spinach, daikon sprouts, greek yogurt, goat cheese, celery, grapes, almonds, black pepper

Beef Shawarma Wrap / 8.95

slow cooked KLD Farms Beef Shaved, Quinoa, Cucumber Yogurt, and fresh parsley

Almond Butter Wrap / 2.95

whole wheat, almond butter, grapes, apple

Snacks and Bars

Vital Hummus Pack / 4.95

house made hummus, organic Chick peas, Hemp seed, preserved lemon, dried peanut butter, Garlic and coconut oil. With rotating fresh organic Vegetables.

Vital Homemade Protein Bars / 3.25

High Protein Chocolate Chip Cookie- *you'll love at first bite.*

Gluten Free High Protein Chocolate Chip Cookies- *gluten free, dairy free*

Peanut Butter Chocolate Protein Bar- *House made Protein Bar, without all the fat and sugar*

Wild Blueberry n' Coconut Bar- *House favorite, wild dried Maine blueberries, and organic coconut, make a unique, fun bar*

Cold Pressed Juices

Sweet Mean Green / 8.95

Fresh Pressed Local Organic Juice - Swiss chard, Celery, Apple, Lemon, Spinach

Winter is Coming / 8.95

Fresh Pressed Local Organic Juice - Local Apple, Heirloom Carrot, Ginger

Bone Broth / Soups

Bone Broth 12oz/ 3.95 32oz/ 9.95

beef bones, onion, garlic, carrot, thyme, bay leaf, black pepper

Chicken & Herb Bone Broth 12oz/ 3.50 32oz/8.50

chicken bones, onion, garlic, carrot, fennel, thyme, bay leaf, black pepper

Chicken White Bean Chili / 7.95

local organic chicken, white beans, pepper, white onion, cumin, coriander, etc

Beef PHO / 10.95

Sliced Beef, seasoned spicy broth, cilantro, mint, rice noodles, scallions, carrots, lemongrass, ginger, and garlic

Veggie PHO / 10.95

Local Made Tempeh, seasoned spicy broth, cilantro, mint, rice noodles, scallions, carrots, lemongrass, ginger, and garlic

Sides

Chicken Salad 6oz / 5.95 16oz /9.95

Organic Chicken Salad- Local free-range chicken, in a lemon Yogurt dressing, almond, grapes, goat cheese

Curried Lentil Mix / 3.95

brown lentils, ivory lentils, house-made curry sauce, onions, french radish, fennel, lemon juice, sunflower seeds

Winter Chow Chow / 4.95

winter chow chow, Carrots, kohlrabi, Napa Cabbage, with a little Togarashi "Japanese Seven Spice"

Sauerkraut / 2.85

slow fermented cabbage, a hint of coriander, and built to keep the body healthy

Deli Meats

Vital Deli Turkey / 7.50

...and much much more! Please see our team member for more information!