

BLENDZ Smoothies

Refreshers

#1 CARIBBEAN SURF - 6 | 7.5

Strawberry, Mango, Banana, Turbinado

#2 TROPICAL PARADISE - 6 | 7.5

Pineapple, Mango, Banana

#3 STRAWBERRY BANANA

ANGEL - 6 | 7.5

Strawberry, Banana, Almond Milk, Turbinado

#4 HANG TEN - 6 | 7.5

Strawberry, Mango, Peach, Turbinado

Keep it Light

#5 LEAN STRAWBERRY - 7 | 9.5

Strawberry, Vanilla Whey Protein

#6 CHOCOLATE TRIM - 7 | 9.5

Banana, Chocolate Whey Protein

#7 MANGO TANGO - 7 | 9.5

Mango, Strawberry, Vanilla Whey Protein

Go Nuts! - 1

PEANUT BUTTER | ALMONDS

FLAX SEED



Fitness

#8 GOING GREEN - 7 | 9.5

Pineapple, Peach, Spinach, Ginger

#9 WILD STRAWBERRY

PEACH - 7 | 9.5

Strawberry, Peaches, Flax, Plant-Based Protein, Turbinado

#10 STRAWBERRY BANANA

WHIRL - 7 | 9.5

Strawberry, Banana, Plant-Based Protein, Almond Milk, Turbinado

Meal Replacers

#11 PB CHOCOLATE LOVE

8.25 | 12

Banana, Peanut Butter, Chocolate Whey Protein

#12 MONKEY BUSINESS

8.25 | 12

Banana, Almonds, Vanilla Whey Protein

#13 ALOHA - 8.25 | 12

Pineapple, Almonds, Vanilla Whey Protein

#14 PB&J - 7 | 9.5

Strawberry, Banana, Peanut Butter, Turbinado

Bulk it Up - 2

VANILLA WHEY PROTEIN

CHOCOLATE WHEY PROTEIN

PLANT-BASED PROTEIN

CREATINE



NSA
BETHESDA
Building 62



SCAN QR CODE
FOR MORE INFO VISIT
US AT NAVY MWR

MONDAY-FRIDAY
0630-1430
CLOSED
SATURDAY-SUNDAY
& FEDERAL HOLIDAYS

EGG•SELLENT *Sandwiches*

SANTA FE BURRITO - 7.5

Eggs, Chorizo, Roasted Onions and Peppers,
Pepper Jack Cheese and Roja Salsa on a
Whole Grain Tortilla

GB BAGEL SANDWICH - 6.75

Bacon, Eggs, Spinach, Tomato and Cheddar
Cheese topped with Lemon Aioli and a smear
of Guacamole on an Everything Bagel

CROISSANT SANDWICH - 4.25

Sausage or Bacon, Egg and American Cheese

BAKERY *While They Last*

CINNOBABIES® - 3.5

COOKIES - 2

MUFFINS - 2.75

BAGEL - 2.75

Plain or Everything, Toasted with Cream Cheese

FRUITY *Sides & Drinks*

GREEK YOGURT PARFAIT - 4.5

Topped with Fresh Berries and Granola

FRESH FRUIT CUP - 4

WHOLE FRUIT - 1.25



ESPRESSO

	TALL	GRANDE	VENTI
CAFFÉ LATTE	4.00	5.25	6.25
CAPPUCCINO	3.75	5.00	6.00
CAFFÉ MOCHA	3.75	5.00	6.00
CARAMEL MACCHIATO	3.75	5.00	6.00
WHITE CHOCOLATE MOCHA	3.75	5.00	6.00
CAFFÉ AMERICANO	2.75	3.75	4.50
SEASONAL SPECIALTY	3.75	5.00	6.00
ESPRESSO	SOLO 2.25	DOPIO 4.25	

ICED ESPRESSO

	GRANDE	VENTI
CAFFÉ LATTE	4.75	6.75
CAFFÉ MOCHA	4.75	6.75
CARAMEL MACCHIATO	5.00	6.75
COFFEE	3.75	4.75

COFFEE & TAZO® TEA

	TALL	GRANDE	VENTI
FRESHLY BREWED COFFEE	2.25	3.25	3.50
TAZO®			
HOT TEA	2.00	2.75	3.25
CLASSIC CHAI TEA LATTE	3.75	5.00	6.00
ICED CHAI TEA LATTE	3.75	5.00	6.00

OTHER FAVORITES

FRAPPUCCINO	5.75	7.00
Caramel • Mocha • Strawberry Cream Chocolate Chip • Salty Caramel • Coffee		

CUSTOMIZATION - 1.00

ADD FLAVOR SYRUP	SOY MILK
ADD ESPRESSO SHOT	COCONUT MILK
ALMOND MILK	

BEVERAGES

BOTTLED WATER - 1.25

BOTTLED SODA - 2

BOTTLED JUICE - 2.5

ENERGY DRINKS - 4.5

GRAB-N-GO

CHIPS - 2.25

VEGETABLE CUP

With Hummus - 2.75 or Ranch - 2

