### **Orchid Gym Juice Bar Menu**

Freshly Squeezed Juices

* Green Power: Kale, Spinach, Green Apple, Lemon, Ginger
* Tropical Boost: Pineapple, Mango, Orange, Coconut Water
* Berry Blast: Blueberries, Raspberries, Strawberries, Apple Juice
* Citrus Zing: Orange, Grapefruit, Lemon, Lime
* Carrot Twist: Carrot, Apple, Lemon, Ginger

Protein Smoothies

* Chocolate Muscle Builder: Whey Protein, Banana, Peanut Butter, Cocoa, Almond Milk
* Vanilla Energy Surge: Vanilla Protein, Greek Yogurt, Honey, Almond Milk
* Berry Workout Recovery: Mixed Berries, Whey Protein, Spinach, Flaxseed, Coconut Water
* Tropical Vegan Delight: Plant-Based Protein, Mango, Pineapple, Coconut Milk

Hydration Smoothies

* Cucumber Cooler: Cucumber, Mint, Lime, Apple, Water
* Melon Refresher: Watermelon, Mint, Lime, Honey
* Peach Hydrate: Peach, Orange, Yogurt, Honey

Protein Shakes

* Choose your protein (Whey, Soy, Pea) and flavor (Chocolate, Vanilla, Strawberry)

Add-Ons

* Protein Boost, Chia Seeds, Flaxseed, Oats, Almond Butter, Peanut Butter

### **Vending Machine Selections**

Healthy Snacks

* Mixed Nuts
* Trail Mix
* Granola Bars
* Fruit Cups
* Yogurt Parfaits
* Whole Grain Sandwiches
* Protein Bars

Drinks

* Bottled Water
* Sports Drinks
* Energy Drinks
* Flavored Water
* Iced Tea
* Sparkling Water

Quick Bites

* Whole Fruit (Apples, Bananas)
* Vegetable Chips
* Rice Cakes
* Dark Chocolate Squares
* Pretzels

Supplements

* Pre-Workout Packs
* Post-Workout Protein Packs
* Electrolyte Sachets