



Smoothies

all smoothies are 16oz

Berry Protein (VG, GF) \$10

Blueberries, strawberries, raspberries, almond milk, protein powder. Antioxidant-rich and protein-packed for recovery and lasting energy.

Green Power (V, GF) \$10

Spinach, kale, avocado, banana, almond milk. Fiber, vitamins, and healthy fats for sustained energy and vitality.

Post-Workout Recovery (V, GF) \$9

Banana, coconut water, protein powder, chia seeds. Restores electrolytes and supports muscle recovery post-exercise.

Hydration & Electrolyte Boost (V, GF) \$8

Coconut water, cucumber, watermelon, lemon. Naturally hydrating and electrolyte-replenishing — ideal after activity or heat exposure.

Tropical Turmeric (V, GF) \$9

Pineapple, mango, coconut water, ginger, turmeric. Anti-inflammatory and vitamin C-rich for muscle repair and collagen support.

Smoothie Boosters \$3 each

🌱 Bee Pollen

🌱 Chia Seeds

🌱 Dates

🌱 Plant Protein

🌱 Hemp Seeds

🌱 Peanut Butter

Wraps & Sandwiches

Chicken Pesto Wrap \$15

Grilled chicken, pesto, arugula, sun-dried tomato. Lean protein and healthy fats to support recovery and reduce inflammation.

Tomato, Chickpea & Hummus Wrap (VG) \$14

Chickpeas, tomato, hummus, cucumber, greens, whole wheat. Antioxidants, fiber, and slow-digesting carbs for steady energy and fullness.

Avocado Caprese Sandwich (VG) \$16

Heirloom tomato, fresh mozzarella, avocado, multigrain, basil aioli. Heart-healthy fats and protein to support endurance and muscle repair.

Grilled Chicken & Spinach Sandwich \$16

Grilled chicken, spinach, tomato, Dijon aioli, whole grain. Lean protein and magnesium-rich spinach for recovery and relaxation.

Salads

Caesar Salad (VG) \$11

Little gem lettuce, shaved parmesan, house-made Caesar dressing

Summer Berry Salad (V) \$12

Tender greens, arugula, cucumber, shaved fennel, toasted almonds, strawberries, raspberry vinaigrette

Spring Pea Power Bowl (VG) \$14

Farro, baby kale, toybox squash, snap peas, shaved carrot, feta, sunflower seeds, soft egg

Mindful Snacks

Chia Seed Pudding (V) \$9

Chia seeds, almond milk, fresh berries, honey. Omega-3s and fiber for digestion, energy, and inflammation support.

Trail Mix with Dark Chocolate (V) \$9

Walnuts, almonds, dark chocolate, dried fruit. Healthy fats and antioxidants for steady energy and brain function.

Fresh Fruit Cup (V) \$9

Chef's selection of seasonal fresh fruit.

Greek Yogurt Parfait (VG) \$12

Vanilla bean Greek yogurt, wild honey, nuthouse granola, fresh berries.

Wellness Drinks

small 12oz | large 16oz

Iced Green Tea \$4 | \$5

Chilled green tea with natural antioxidants. Gentle energy boost, hydration support, and free radical defense.

Lavender Chamomile Tea \$4 | \$5

Chamomile and lavender. Calming and stress-reducing — perfect for unwinding post-treatment.

Coconut Water & Mint Drink \$5 | \$6

Coconut water, mint, lime. Naturally hydrating and electrolyte-restoring after activity or sun exposure.

Espresso

small 12oz | large 16oz

Americano \$4.25 | \$4.75

Cappuccino \$5 | \$6

Cafe Latte \$5 | \$6

Chai Latte \$5.50 | \$6.25

Espresso \$1.95

Doppio \$2.75

Cortado \$2

Wine by the Glass

Chardonnay \$11

Sparkling Wine \$11

Mimosa \$12

A 22% service charge will be added to all food orders.

BOOST CAFÉ

AT SILVERADO RESORT

Fuel for Vitality

