

GAINZ BAKERY

COFFEE & TEA

Add a shot of sugar-free coconut creamer. + \$.50

Available in caramel, maple, blueberry, and mocha

HOT HOUSE-BREW

Gainz Bakery roasted Kona coffee blend.

16 oz \$2.50

ICED COFFEE

Gainz Bakery roasted Kona coffee blend over ice.

16 oz \$2.50

▽ BULLET-PROOF COFFEE

Hot Gainz Bakery coffee blend with 100% cocoa, MCT coconut oil, coconut cream

14g fat | 3g carbs | 0 g protein

16 oz \$4.50

INFUSED ICED-TEA

Ask about the infusion flavors of the day!

16 oz \$2.75

SHAKES

Plant Protein & Egg White Protein available upon request

16oz \$6

RUSH HOUR

Iced coffee, almond milk, vanilla whey, caramel flavor shot. 6g fat | 5g net carbs | 31g protein

Make it Special \$1.00

CANCUN COLADA

Pineapple, banana, almond milk, vanilla whey, coconut, rum flavor shot. 6g fat | 32g carbs | 32g protein

CHOCOLATE PEANUT BUTTER CUP

All-natural peanut butter, 100% cocoa, almond milk, vanilla whey. 22 g fat | 5g net carbs | 39 g protein

STRAWBERRY SHORT CAKE

Strawberries, all-natural almond butter, almond milk, vanilla whey. 22g fat | 20g net carbs | 39g protein

TROPICAL SUNRISE

Mango, pineapple, banana, almond milk, vanilla whey, and strawberry drizzle. 6g fat | 30g carbs | 32g protein

BLUEBERRY MUFFIN

0 calorie blueberry syrup, almond butter, almond milk, vanilla whey. 22 g fat | 5g net carbs | 39 g protein

BREAKFAST

Cooked-To-Order from 7:00am - 10:30am

BREAKFAST BISCUIT SANDWICH

Two scrambled or fried eggs served on a toasted cheddar herb keto biscuit. 16g Protein, 1g Carb, 18g Fat \$6.00

Add bacon \$1.00 Add avocado \$1.50

▽ BREAKFAST SKILLET BOWL

Baked sweet potato hash, sautéed peppers, onions and black beans with a drizzle of smoky cilantro lime sauce. 8g Protein, 49g Carb, 6g Fat \$7.00

Add two eggs \$1.00 Add bacon \$1.00 Add avocado \$1.50

LUNCH

Cooked-To-Order from 11:00am - 4:00pm

All sandwiches are served on lettuce wraps or our low carb herb foccacia bread. All macros are based on lettuce wraps.

Bread 8g Protein, 16g Net Carbs, 11g Fat

Ⓛ LEMON PEPPER TUNA SALAD

All white tuna, finely diced celery, fresh lemon, and reduced fat mayo.

22g Protein, 2g Carbs, 11g Fat \$8.00

Ⓛ JALAPEÑO POPPER CHICKEN SALAD

Chili rubbed chicken breast, crunchy bacon, roasted jalapeño, red onion & reduced-fat mayo.

23g Protein, 4g Carbs, 16g Fat \$9.00

Ⓛ KONA STEAK BOWL

Seared Flank Steak with roasted sweet potato medallions, seasonal veggies & a drizzle of GB signature steak sauce. \$11.00

31g Protein | 44g Carbs | 3g Fat

Extra Protein \$3.00

Ⓛ ORANGE DRAGON BOWL

Organic RedBird Farm's Chicken, Signature Orange Ginger Marinade. Roasted garlic/ herb rice & topped with a crunchy cilantro-slaw. \$9.50

29g Protein | 57g Carbs | 8g Fat

Extra Protein \$3.00

GAINZ BAKERY

∇ **PLANT-PROTEIN BOWL**

*A rotation of bold flavors from across the world. Made with a collection of fresh veggies, herbs & spices. Ask about today's flavor profile **\$8.00***

Ⓛ - Dairy-free ∇ - Vegan

NOT ALL INGREDIENTS ARE LISTED. ALERT YOUR SERVER TO ANY SPECIAL DIETARY NEEDS.