

MAIN STREET || GYM & MARKET

109 Jefferson Street Pittsburg, Texas 75686

Lunch served 11am - 2pm

Filter Coffee

daily brew 2.5/3
bottomless bean 3.5
bulletproof coffee 3.5
french press 4
cold brew 2.5/3

Espresso

espresso 2
americano 2.5
cappuccino 3.5/4
latte 3.5/4

Milk Substitute almond/hemp/soy .50

Choose your flavor .50

caramel/vanilla/mocha/roasted hazelnut/sugar free caramel/sugar free vanilla

Not Coffee

chai latte 3.5/4
tea of the day 2

SMOOTHIES 16 ounce

Earnest Hemp N Whey: Whey protein/hemp protein/banana/peanut butter/almond milk **6.5**

Vincent Mango: Mango/banana/pineapple/orange juice/local bee honey/goji berries **5.5**

Brew Berrymore: Almond milk/blueberries/banana/strawberries/freshly brewed hibiscus tea **5.5**

Johnny Flaxseed: Plant Protein/banana/spinach/blueberries/flax seed/almond milk. **6**

Cocahontas: Whey protein/banana/cacao powder/vanilla almond milk/peanut butter **6**

SINGLE SCOOP:

C4 (pre-workout): 1 scoop 1.5

Whey protein: 1 scoop 1.5

Organifi Greens: 2

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SANDWICHES & Garden Blue Chips/Salsa

EGG: Toasted Ezekiel bread/pepper jelly/egg/avocado/spinach/	6
TURKEY: Toasted Ezekiel bread/turkey/avocado/spinach/swiss cheese/tomato/spike	6
PEANUT BUTTER: Thick layer of peanut butter/banana/local bee honey/wheat bread	5.50
TUNA: Toasted Ezekiel bread, tuna, spinach, tomato, avocado/spike	
VEGGIE BURGER: Toasted Ezekiel bread/boca patty/swiss cheese/tomato/spinach/green onion/	7

KIDS SANDWICHES (comes with chips or fruit)

PBJ: Whole wheat bread/peanut butter/grape or strawberry jelly	\$3.00
Turkey Sandwich: Whole wheat bread/turkey/swiss cheese/	\$3.50

*Any sandwich bread can be substituted for Canyon Gluten Free Bread

*Mayonnaise can be substituted for veganaise

SALADS:

VEGAN: Spinach/cucumber/hummus/avocado/walnuts/swiss cheese/olives	6
TUNA: Spinach/tuna/avocado/green onion/tomato/Monterrey Jack Cheese/	6

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BURRITOS:

BLACK BEAN BURRITO: Organic whole wheat tortilla/ sour cream/avocado/green onion/tomato/black olives/jalapeno/Monterrey Jack cheese	5.95
VEGGIE BURRITO: Organic whole wheat tortilla/avocado/tomato/cucumber/salsa/black olives/spinach	5.5
SIMPLE BURRITO: Organic whole wheat tortilla/black beans/Monterey Jack Cheese	5

*Pinto bean can be substituted for black bean

ADD ONS/SIDES

Cheese: .50
Sour Cream: .50
Turkey: 1
Avocado: 2
Salsa: small 2oz / 1 med 4oz 1.75
Hummus & Chips 4
Chips & 4oz Salsa: 4