

STUDIO:CAFE

menu options

located inside STUDIOMIX
1000 Van Ness, 3rd Floor
415.926.6794

CAFE HOURS
Mon-Fri 8 am - 8 pm
Sat-Sun 8 am - 2 pm

SHAKES & BLENDS

your choice: almond, coconut, or organic milk  

ultimate performance \$6

the perfect orange & banana blend loaded w/ 30 grams of vanilla whey protein

sports recovery \$7

Multivitamin, flaxseed, omega3s, oats, & a 30 gram blend of casein & whey proteins w/ glutamine

chocolate nut \$6

30 grams of chocolate whey protein, flaxseed, banana, & peanut and/or almond butter

fast rabbit \$7

spinach, celery, apple, & 30 grams of vanilla whey protein

probiotic yogurt \$6

blend of your choice of fruit & probiotic yogurt

your blend \$6

blend of your choice of 2 fruits and/or vegetables, milk, & protein mix

super green juice \$8

fresh squeezed/blended combo of orange, celery, tomato, beets, carrots, spinach, kale, & ginger

COFFEE & TEA M L

coffee \$2 \$3

fair-trade organic & locally roasted

latte \$2 \$3

made w/ your choice of milk

espresso shot \$1

mate latte \$2 \$3

tea \$2 \$3

BREAKFAST

served until noon

breakfast wrap (cage-free eggs) \$7

tomatoes, spinach, avocado, 2 eggs or egg whites, wrapped in a spinach tortilla

custom omelet (cage-free eggs) \$8

prepared w/ 2 eggs or egg whites and your choice of up to 3 vegetables -- served w/ a side of fruit or whole wheat toast

organic oatmeal \$4

granola bowl \$4

granola, yogurt, almonds, & fruit

fruit bowl \$4

cage-free hard boiled egg \$2

SALADS

quinoa green salad \$8

tomatoes, cucumbers, feta cheese, romaine lettuce, quinoa, & organic balsamic vinaigrette

spinach salad \$7

spinach, cranberries, walnuts, feta cheese, orange slices, & organic balsamic vinaigrette

chicken salad \$7

carrots, green onions, grilled chicken breast, romaine lettuce, & organic sesame vinaigrette

kale & quinoa salad \$6

organic quinoa, kale, & organic balsamic vinaigrette

quinoa chicken salad \$7

organic quinoa, fresh salsa, feta, grilled chicken breast, & organic sesame vinaigrette

TOASTED WRAPS

your choice: tomato, whole wheat, or spinach tortilla

chicken \$9

grilled chicken breast, cilantro & lime brown rice, avocado, tomato, diced red onions, black beans, & pepper jack cheese

turkey basil \$8

turkey, avocado, tomato, spinach, swiss cheese, & organic basil pesto sauce

grilled veggie \$7

cilantro & lime brown rice, yellow squash, asparagus, avocado, tomato, zucchini, mushrooms, spinach, red onions, black beans, swiss cheese, & lime vinaigrette

PANINIS

your choice: sourdough or whole wheat bread

classic turkey \$7

turkey, tomato, red onions, avocado, spinach, & dijon

tuna melt \$7


tuna, tomato, avocado, spinach, & dijon


grilled veggie \$7


zucchini, spinach, tomatoes, bell pepper, yellow squash, portobello mushroom, & swiss cheese

Message from the chef:

It's our goal to serve personalized nutrition considering your health and personal beliefs. Let us know how you like it -- for here, to-go, extra veggies, less an ingredient, more protein; whatever your belly desires.

 --gluten-free

 --vegetarian

 --vegan/made with no animal products