

Hot Coffee

COFFEES OF THE DAY

Choose from our Arabica Express private coffee blends in regular and flavor of the day.

12 oz. / \$3.00, 16 oz. / \$4.00

Latte

Classic espresso favorite, crafted with your choice of milk and topped with silky foam

12 oz. / \$4.50, 16 oz. / \$5.50

Iced Coffee

FREDDO ESPRESSO

Our cold espresso blend with filtered water.

16 oz. / \$4.00, 20 oz. / \$5.00

FREDDO CAPPUCCINO

Our cold filtered coffee blend topped with your choice of whipped milk.

16 oz. / \$4.75, 20 oz. / \$5.75

ICED COFFEE

Our cold filtered coffee and ice

16 oz. / \$4.00, 20 oz. / \$5.00

ICED LATTE

Cold filtered toddy topped with your choice of cold milk and ice.

16 oz. / \$4.75, 20 oz. / \$5.75

\$0.75 up charge for Specialty Milk and Flavors



Recovery Therapies

Infrared Sauna

Detox, soothe sore muscles, and enhance circulation in our state-of-the-art infrared sauna.

Cold Plunge

Boost recovery and reduce inflammation with an invigorating full-body cold plunge.

Contrast Therapy

Alternate between hot and cold treatments to boost recovery, reduce muscle soreness, and improve circulation.

Red Light

Reduce inflammation and support muscle healing with targeted red light therapy treatments.

Halo/Salt Room

Experience deep relaxation and respiratory benefits in our salt-infused Halo Room.

Compression

Improve circulation and speed up recovery with targeted air compression technology.

Relaxation Room

Enjoy a fully automated massage chair session to relieve tension and promote total-body relaxation.

*Percussive

Target deep muscle knots and accelerate recovery using advanced percussive massage devices.

*Assisted Stretch

Increase flexibility and mobility with guided, one-on-one assisted stretching sessions.

1 Session - \$30, 3 Sessions - \$75,
5 Sessions - \$100, 10 Sessions - \$150
**single session pricing for all sessions*



**THE RECOVERY
LOUNGE
& Bar**

The Ohio Gym
Recovery Lounge & Bar
www.theohiogym.com
5248 Cobblestone Rd.
Sheffield Village, OH 44035

Bucked Up Bar

Refreshing Buck

Mango Tango Sunrise

Bucked Up Mango Tango, mango purée, pineapple juice, sparkling water, ice
16 oz. / \$6.00, 20 oz. / \$7.00

Cherry Hard Candy Limeade

Bucked Up Cherry Hard Candy, lime juice, strawberry purée, sparkling water, ice
16 oz. / \$6.00, 20 oz. / \$7.00

Breezy Blast Pineapple Fizz

Bucked Up Breezy Blast, pineapple purée, coconut water, sparkling water, ice
16 oz. / \$6.00, 20 oz. / \$7.00

Creamy Buck

White Gummy Vanilla Cream

Bucked Up White Gummy Deer, milk, vanilla syrup, whipped cream
16 oz. / \$6.00, 20 oz. / \$7.00

Miami Caramel Dream

Bucked Up Miami, milk, caramel syrup, whipped cream, caramel drizzle
16 oz. / \$6.00, 20 oz. / \$7.00

Blood Raz Mocha Cream

Bucked Up Blood Raz, milk, chocolate syrup, whipped cream, chocolate drizzle
16 oz. / \$6.00, 20 oz. / \$7.00

Bucked Up Smoothies

Miami Green Machine

Bucked Up Miami, spinach, green apple, banana, pineapple juice, yogurt
16 oz. / \$7.00, 20 oz. / \$8.00

Rocket Pop Strawberry Banana

Bucked Up Rocket Pop, strawberry purée, banana, yogurt, milk, honey
16 oz. / \$7.00, 20 oz. / \$8.00

Sour Bucks Chocolate PB Power

Bucked Up Sour Bucks, peanut butter, chocolate syrup, banana, milk
16 oz. / \$7.00, 20 oz. / \$8.00

Smoothies

Energy Elixir

Milk, Banana, Strawberries, Honey
16 oz. / \$6.50, 20 oz. / 7.50

Power Pump

Milk, Pineapple, Coconut, Yogurt
16 oz. / \$6.50, 20 oz. / 7.50

Green Machine

Orange Juice, Spinach, Pineapple, Banana
16 oz. / \$6.50, 20 oz. / 7.50

Beast Mode

Milk, Mixed Berries, Honey
16 oz. / \$6.50, 20 oz. / 7.50

Enhance your Smoothie with these

Add In's:

Pea or Whey Protein - \$2.00, Amino Acids - \$1.00
Creatine - \$1.00, Glutamine - \$1.00, Oats - \$0.50

Protein Smoothies

Liquid Lunch

Milk, Banana, Blueberries, Peanut Butter, Vanilla Protein
16 oz. / \$8.50, 20 oz. / 9.50

Fitness Fuel

Orange Juice, Strawberries, Banana, Vanilla Protein
16 oz. / \$8.50, 20 oz. / 9.50

Fit Delight

Milk, Strawberries, Chocolate Protein
16 oz. / \$8.50, 20 oz. / 9.50

Muscle Maker

Milk, Peanut Butter, Strawberries, Vanilla Protein
16 oz. / \$8.50, 20 oz. / 9.50

PB Pump

Milk, Peanut Butter, Banana, Chocolate Protein
16 oz. / \$8.50, 20 oz. / 9.50

Espresso Protein

Cold Brew, Milk, Chocolate and Vanilla Protein
16 oz. / \$8.50, 20 oz. / 9.50

Banana Bench Press

Milk, Banana, Vanilla Protein
16 oz. / \$8.50, 20 oz. / 9.50

\$0.75 up charge for Specialty Milk

Ready to Go Meals

Provided by Clean Eat

1 / \$12 each - 5+ / \$11 each - 10+ / \$10 each