

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 CAPPUCINO

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



Ready to Go Meals

Provided by Clean Eatz

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

Acai Bowl

Acai

Build your own bowl: banana, blueberries, granola, coconut, peanut butter, chia seeds, cacao nibs

Mix, match, and enjoy—your way!

16 oz. / \$9.00

Rice Bowls

Chicken or Steak Fajita

Fajita Chicken or Steak, peppers, onions, corn, black bean

Your choice of white rice, brown rice or quinoa

Chicken / \$11.99, Steak / \$12.99

Chicken or Steak Teriyaki

Teriyaki Chicken or Steak, broccoli, carrots

Your choice of white rice, brown rice or quinoa

Chicken / \$11.99, Steak / \$12.99

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



THE RECOVERY LOUNGE & Bar

Online Ordering
with
Curbside Pickup

~ partnering with ~

“The
proof
is in the
cup”



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

Pump n Grind Green Machine

Bucked Up Pump n Grind, 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

