

## Breakfast Items

**MORNING SANDWICH** \$7.99

Bread, Egg, Bacon, Uncured Ham Or Chicken Apple Breakfast Sausage, Cheddar

**SUNRISE WRAP** \$7.99

Egg, Uncured Ham Or Chicken Apple Breakfast Sausage, Cheddar, Spinach, Tomato

**GLUTEN FREE WAFFLE SANDWICH** \$7.99

Gluten Free Waffles, Uncured Ham Or Chicken Apple Breakfast Sausage, Egg, Cheddar, Maple Syrup

## Vegetable Juices

16 oz.

**ALL IN GREEN** \$7.99

Kale, Parsley, Spinach, Celery, Cucumber, Green Apple

**FRESH START** \$7.99

Pineapple, Carrot, Cucumber, Celery

**RED DAWN** \$7.99

Red Beets, Red Cabbage, Apple, Lemon, Celery, Ginger

**CLEANSE** \$7.99

Orange, Celery, Ginger, Lemon, Parsley

**JUST CARROTS** \$5.99

\*ADD ONS: \$0.99 Per Item

WHEAT GRASS SHOTS: 1oz. \$1.99 2oz. \$2.99



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**Eat Right  
Feel Great  
Live Long**

## Kid Zone

**GRILLED CHEESE SANDWICH** \$5.99  
Choice Of Bread And Cheese

**QUESADILLA** \$6.99  
Tortilla, Chicken Breast, Cheese

**PEANUT BUTTER AND JELLY** \$4.99  
White Bread, Peanut Butter, Jelly Or Honey

**GRANOLA WRAP** \$6.99  
Peanut Butter, Honey, Banana, Strawberries, Granola

## Coffees and Teas

8oz/12oz \$3.49/4.49  
Latte, Mocha, Cappuccino

8oz/12oz \$2.49/3.49  
Americano

8oz/12oz \$1.99/2.49  
Hot Chocolate

ESPRESSO 1 Shot \$1.29 2 Shots \$1.99

ICED ALMOND MOCHA 16oz \$3.99

VARIOUS HOT TEAS 12oz \$1.99

ICED TEA 16oz \$1.00

**YMCA Membership  
is not required!**



**Hours of Operation:**

Mon - Fri 9am - 7pm

Sat. 10am - 4pm

**Order Online:**

[www.wynnshealthyoasis.com](http://www.wynnshealthyoasis.com)

**5450 YMCA Road**

**Naples, FL 34109**

**239-963-3779**

## Eat Right

### Sandwiches & Wraps

**VEGGIE BURGER** **\$7.99**  
Lettuce, Sunshine Burger, Hummus, Sprouts, Avocado, Tomato, Onion, Cucumber, Cheddar

**GARDEN VEGGIE WRAP** **\$7.99**  
Cucumber, Carrots, Roasted Red Peppers, Balsamic Vinaigrette, Spinach, Sweet Potato, Tomato

**AVOCADO BLT** **\$7.99**  
Vegenaise, Avocado, Bacon, Lettuce, Tomato

**HOT PANINI** **\$7.99**  
Cuban Style, Chicken Mozzarella, or Turkey with Roasted Red Pepper

**SOUTHWEST CHICKEN WRAP** **\$7.99**  
Tortilla Wrap, Grilled Chicken Breast, Vegenaise, Avocado, Onion, Tomato, Lettuce, Peppers, Chipotle, Cumin

**TUNA MELT** **\$8.99**  
Choice Of Bread, Tuna Salad, Tomato, Cheese, Sprouts. Open Faced And Toasted

**DELI SANDWICH** **\$7.99**  
Boar's Head All Natural Roasted Turkey, Or Roasted Chicken, Or Uncured Ham, Choice Of Cheese, Condiments, Vegetables

**SALAD SANDWICH** **\$8.99**  
Chicken Apple Salad, Curry Chicken Salad, Egg Salad, or Tuna Salad

**\*ADD: Cheese \$1.49 Avocado \$.99 Bacon \$.99**

**CHEESES:** Swiss, American, Provolone, Cheddar, Fresh Mozzarella

**BREADS:** White, Rye, Whole Wheat, Ciabatta, Sprouted Grain, Gluten Free

**WRAPS:** Tomato, Spinach, Whole Wheat

## Feel Great

### Protein Shakes

All Natural Nutrition In A Cup

**POPEYE** **\$7.99**  
Apple Juice, Spinach, Banana, Papaya, Protein, Flax Seeds

**ALMOND BLISS** **\$7.99**  
Almond Milk, Protein, Banana, Almond Butter, Cocoa Powder, Cinnamon, Dates

**ANTIOXIDANT INFUSION** **\$7.99**  
Pomegranate Juice, Blueberries, Acai, Banana, Protein

**AVO-LANCHE** **\$7.99**  
Apple Juice, Avocado, Kale, Blueberries, Banana, Protein

**RASPBERRY DREAM** **\$7.99**  
Strawberry/Raspberry Juice, Cocoa Powder, Coconut Milk Ice Cream, Raspberries, Coconut Manna, Protein

**ORANGE CREAMSICLE** **\$7.99**  
Orange Juice, Oranges, Almond Milk Ice Cream, Banana, Whey Protein

**PRE WORKOUT ENERGIZER** **\$7.99**  
Almond Milk, Protein, Arginine Power Super Stack, D-Ribose Powder, Perfect Food Energizer, Strawberries, Pineapple, Banana

**POST WORKOUT POWERHOUSE** **\$7.99**  
Almond Milk, Protein, Banana, Almond Butter, Sweet Potato, Cocoa Powder, Electro Endurance, BCAA (Branched Chain Amino Acids), MCT Oil (Medium Chain Triglycerides)

**BASIC SHAKE** **\$4.99**  
Milk, Banana, Protein

**\*ADD: Flax Seeds, Nuts, Nut Butters, Fruits, Veggies, Coconut Flakes, Honey, Spirulina, Lecithin, Joint Support, Detoxifiber, SuperGreens**  
**\$.99 Per Item**

## Live Long

### Fruit Smoothies

No Sugar Added, 100% Fruit

16 oz.

**\*ADD: Protein Powders \$1.99**  
Whey, Egg White, Plant, Raw Meal, Or Sprouted Brown Rice

**TRUE BLUE** **\$6.99**  
Concord Grape Juice, Blueberries, Blackberries, Banana

**STRAWBERRIES & CREAM** **\$6.99**  
Almond Milk, Strawberries, Almond Milk Ice Cream, Banana

**GREENA COLADA** **\$6.99**  
Pineapple/Coconut Juice, Banana, Pineapple, Spirulina, Coconut Flakes

**TANGO MANGO** **\$6.99**  
Coconut Milk, Orange Juice, Coconut Flakes, Mango, Pineapple, Coconut Milk Ice Cream

**BERRY NUTTY** **\$6.99**  
Almond Milk, Almonds, Flax Seeds, Mixed Berries, Banana, Honey

**PEACH SUNSET** **\$6.99**  
White Grape Peach Juice, Peaches, Strawberries, Banana

**KIDS FAVORITE** **\$4.99**  
Apple Juice, Strawberries, Banana

**PEANUT BUTTER AND JELLY SMOOTHIE** **\$4.99**  
Concord Grape Juice, Peanut Butter, Banana