

REFRESHER FLAVORS

HERBAL TEA BLEND WITH ALOE HELPS TO BOOST METABOLISM AND PROVIDES MENTAL CLARITY

BRONZE COMBO

\$15.00

20oz Basic Tea w/Aloe +
20oz Protein Shake

SILVER COMBO

\$18.00

24oz Tea w/Aloe + 24oz Protein
Shake Boosted with Vitamin C, B6, B12

PLATINUM COMBO

\$20.00

32oz Tea w/Aloe + 24oz Protein
Shake, Boosted with Vitamin C,
B6, B12

MEGA COMBO

\$22.00

32oz Tea w/Aloe + 32oz Protein
Shake, Boosted with Vitamin C,
B6, B12

+ \$2 IN CROWD FLAVORS !

SKINNY COFFEE + MORE

Protein Coffee help boost overall cognitive
function and make you feel sharper throughout
the day.

\$8.50

PROTEIN COFFEE - HOT OR COLD

LATTES - BLENDED HOT

FRAPPES - BLENDED COLD

**PROTEIN COFFEE SHAKES - BLENDED W/ PROTEIN, MEAL
REPLACEMENT. REFER TO SHAKE FOR COST.**

FLAVORS:

CARAMEL
CAPPUCCINO
CARAMEL
MACCHIATO
CHAI
CINNAMON DOLCE
FRENCH TOAST
HAZELNUT

HAZELNUT
IRISH CREAM
MOCHA
MINT CHOCOLATE
PEPPERMINT
PUMPKIN SPICE
SALTED CARAMEL
TIRAMISU
FRENCH VANILLA

BASIC FLAVORS

HERBAL TEA, ALOE AND FLAVOR

Acai Berry, Arnold Palmer, Chai, Cinnamon,
Dragon Fruit, Lemonade, Grape lemonade, Peach
Mango, Tropical Punch, Spiced Cranberry Mojito,
Strawberry, Watermelon Cucumber, White Grape,
Raspberry, Unsweetened, and More!

20 OZ.

\$8.00

24 OZ.

\$9.00

BOOSTED FLAVORS

Loaded with Vitamin C, B6, B12. Protein Coffee
helps boost overall cognitive function and makes
you feel sharper throughout the day.

Anchor, Cucumber Watermelon, Mojito
(Strawberry or Lime), Be My Valentine, Skittles,
Electric Lime, Hangover, Lemon Berry, Sunrise,
Strawberry Acai, Tropical Splash, Dragon Fruit,
Blue Jolly Rancher, Wolverine + More!

24 OZ.

\$10.00

32 OZ.

\$11.00

IN CROWD FLAVORS

Loaded with Vitamin C, B6, B12, Biotin, Collagen,
and Protein. Helps curb hunger and keeps you
energized.

Bad & Bougee', Bob Marley, Captain America,
Pina Colada, Hydro, Watermelon Berry, Pink
Starburst, Bob Marley, + More!

32 OZ.

\$13.00

IMMUNITY + WELLNESS

Build a strong immune system by boosting your
body's best defense against outside forces.

Medicine-Bom*, Pom-Bom*, Orange Ginger
Bomb* Orange Mango*, Fresh Juice, Wellness
Bundle, Ginger Shot, Superfood Shots, Wheat
Grass Shots, Detox Water, Hydration Water,
Cleanse Program + more!



**OVER 50+ PROTEIN SHAKE FLAVORS!
EQUIPPED W/24 VITAMINS, 17-30G OF
PROTEIN, 2 SERVINGS OF
FRUITS/VEGGIES**



NO BREAD PLEASE!

- Cookie Dough*
- Granny's PB&J*
- Oatmeal Cookie*

FRUITS & VEGGIES

- Aloha Delight
- Blueberry Banana
- Coconut Crush
- My Heart - Beet
- Peach Cobbler
- Pina Colada
- Pineapple + Spinach
- Pistachio Almond*
- Popeye Power (Spinach + Avocado)
- Strawberry Banana
- The Hulk (Kale + Chia Seeds)
- Tropical Dragon Fruit
- Very Berry

CAKES & PIES

- Banana Pudding
- Cheesecake (Strawberry, Oreo, Turtle)
- Chocolate Cake
- Dutch Apple Pie
- German Chocolate Cake
- Key Lime Pie
- Lemon Pound Cake
- Pound Cake (Strawberry or Vanilla)
- Red Velvet Cake
- Wedding Cake

BREAKFAST N BED

- Avocado Toast
- Banana Nut Muffin*
- Blueberry Muffin
- Blueberry Banana
- Champurrado*
- Cinnamon Roll

CHOCOHOLICS

- Brownie Batter
- Chocolate Banana
- Chocolate Dipped
- Strawberries
- Mint Chocolate Chip
- Orea
- Smores
- Tootsie Roll
- Turtle Oreo Cheesecake
- White Chocolate

SHORTS INSPIRED

- Bubble Gum Yum - Yum
- Cinnamon Toast Crunch*
- Cookie Crisp
- Fruity Pebbles*
- Reese's Puffs*
- Captain Crunch*

SWEET TREATS

- Almond Joy
- Pina Colada
- Bit - ole - Honey*
- Reese's Puff
- Butter Pecan
- Salted Caramel
- Cow Tails
- Cookie
- Cookies & Cream
- Orange Dreamsicle
- Payday*
- Snickerdoodle*
- Chunky Monkey
- Snickers*
- Egg Nog
- Sugar Cooker
- Dulce De Leche
- Caramel Apple
- Crunch*
- Mangonada
- Watchamacallit*

NOT YOUR ORDINARY

- Banana Dream
- Chocolate Dream
- Vanilla Dream
- Strawberry Extreme

***MAY CONTAIN NUTS / PLEASE ADVISE US OF ANY ALLERGY BEFORE PLACING YOUR ORDER.**

VEGAN OPTIONS AVAILABLE + \$1.50

PROTEIN OATMEAL

**\$9.00
ONLY!**

**WITH TWO TOPPINGS!
ADDITIONAL TOPPINGS FOR \$0.50**

APPLE CRISP

FRESH APPLES, AND GRANOLA,
DRIZZLED WITH CARAMEL

BANANA FOSTER*

FRESH BANANAS, AND PECANS,
DRIZZLED WITH CARAMEL

CHOCOLATE COCONUT COOKIE*

COCONUT SHAVINGS AND PECANS
DRIZZLED WITH CHOCOLATE

MAPLE PECAN*

FRESH BANANAS, AND PECANS,
DRIZZLED WITH CARAMEL

STRAWBERRY BANANA*

FRESH STRAWBERRIES, BANANAS, AND
PECANS, DRIZZLED WITH CARAMEL

STRAWBERRIES 'N' CREAM*

FRESH STRAWBERRIES, AND GRANOLA,
DRIZZLED WITH CARAMEL

VERY BERRY

FRESH BLUEBERRIES, STRAWBERRIES,
DRIZZLED WITH CARAMEL



ACAI BOWLS + CRUNCH CUPS \$15.00

ACAI BOWL

Vanilla protein. Acai berry,
strawberries, blueberries, coconut
shavings, granola + honey



GREEN MACHINE

Vanilla protein. Superfood
powder, two fruit toppings,
granola, chia seeds



CHUNKY MONKEY

Chocolate protein, bananas,
blueberries, blended with peanut
butter, granola, chia seeds



PROTEIN WAFFLES + MORE BOWLS \$15.00

PROTEIN WAFFLES

Vanilla protein. Topped w/choice
of two fruits + granola or your
choice of nut.



BLUE SPIRULINA

Vanilla protein. Spirulina
Superfood powder*, two fruit
toppings, granola



CHOCOLATE DRAGON FRUIT

Chocolate protein. Dragon Fruit,
blueberries, coconut, and granola.



Upcharge for additional toppings or Almond butter