

# SHAKES

REG (24OZ)...\$8

250 CALORIES OR LESS, 24G PROTEIN, 4G FIBER,  
21 VITAMINS & MINERALS, LOW SUGAR/CARB

## CHOCOLATE

- BROWNIE
- CHOCOLATE PEANUTBUTTER\*
- SMORES
- SNICKERS
- THIN MINT

## FRUITY

- BANANA CREAM PIE\*
- BLUEBERRY MUFFIN
- FRUITY PEBBLES\*
- KEY LIME\*
- LEMON CAKE\*
- STRAWBERRY CHEESECAKE\*

## VEGETARIAN

- CARAMEL FUDGE\*
- CINNAMON ROLL\*
- PEANUTBUTTER\*
- STRAWBERRY\*

## VANILLA

- BIRTHDAY CAKE\*
- CINNAMON TOAST CRUNCH\*
- COOKIE DOUGH
- OREO CHEESECAKE
- PEANUTBUTTER COOKIE\*
- SALTED CARAMEL\*

## COFFEE

- CARAMEL MACCHIATO
- JAMOCHA FUDGE
- JAVA CHIP

## SHAKE ADD ON'S

- CAFFEINE KICKER.....\$3
- EXTRA PROTEIN.....\$2
- FAT REDUCER.....\$5
- FIBER.....\$2
- KIDS VITAMIN BOOSTER.....\$2
- NEW MOM VITAMIN BOOSTER.....\$2
- PROBIOTIC.....\$2

## PRE-WORKOUT

NSF CERTIFIED, CREATINE, CAFFIENE

REG (24OZ)...\$6

- BLUE WATERMELON
- TROPICAL PUNCH

### TO GO PACKETS (3 MAX)

- CAFFEINE KICKER.....\$3
- COLLAGEN.....\$3
- HYDRATION (CR7 / H30).....\$3
- MEAL BAR.....\$6
- PROTEIN BITE.....\$2 (EACH)
- SHAKE PACKET.....\$6
- SNACK BAR.....\$3
- TEA PKT.....\$2
- TOTAL CONTROL.....\$5

## POST-WORKOUT

NSF CERTIFIED, WHEY, BCAA

REG (24OZ)...\$10

- MILK CHOCOLATE
- STRAWBERRY SHORTCAKE
- VANILLA ICE CREAM

OPTIONAL: UPGRADE  
REGULAR SHAKE INTO  
POSTWORKOUT

\*GLUTEN FREE

# Caffeine Me Please

CLEAN ENERGY, BOOSTS METABOLISM,  
SOOTHES DIGESTION, MENTAL CLARITY  
(OPTIONAL ENHANCERS - SEE LIST BELOW)

**LEVEL 2** REG. (24OZ) \$ 7  
MEGA (32OZ) \$ 8

**BLOW POP :** Cherry, Watermelon

**BLUE LIME :** Blue Raspberry, Lime

**CAPTAIN AMERICA :** Pomegranate, Blue Raspberry

**DAISY DUKE :** Strawberry, Watermelon

**PEACHWAVE :** Tropical Peach

**SNOZZBERRY :** Strawberry, Grape

**WATERMELON CRAWL :** Watermelon, Cucumber

**LEVEL 3** REG. (24OZ) \$ 10  
MEGA (32OZ) \$ 11

**BEACH PLEASE :** Blue Raspberry, Pineapple, Lime, Cucumber

**BLACK DRAGON :** Blackberry, Dragon Fruit

**CHERRY CHILLER :** Cherry, Pomegranate

**DEADPOOL :** Fruit Punch, Grape

**GLOW UP :** Berry, Orange, Pineapple

**GRAPE TINGLER :** Grape, Blackberry, Acai

**HAWIIAN WAVE :** Blue Raspberry, Orange

**HULK:** Blue Raspberry, Green Apple, Lime

**SOULMATE :** Strawberry, Peach

**STARDUST :** Grape, Acai, Blue Raspberry, Green Apple

**SUNNY D :** Orange, Lemon

**SUNBURST :** Raspberry, Lime, Orange

**REPLENISHER :** Blue Raspberry, Acai, Strawberry

**WONDERWOMAN :** Fruit Punch, Blue Raspberry, Cranberry



## TEA ENHANCERS

LIFTOFF (B12 ENGERY KICKER)..... \$ 3  
BCAA..... \$ 3  
COLLAGEN..... \$ 3  
HYDRATION (ORANGE OR AÇAÍ)..... \$ 3  
IMMUNITY ESSENTIALS (BOOST)..... \$ 2  
\*NITWORKS (NITRIC OXIDE)..... \$ 3  
PROBIOTIC..... \$ 2  
PROTEIN (BERRY OR PEACH)..... \$ 3  
VITAMIN C ..... \$ 2

*\*NOT SUTITABLE FOR PREGNANT OR NURSING WOMEN*



## ICED PROTEIN COFFEE

CARAMEL FUDGE  
FRENCH VANILLA  
ICED CINNAMON ROLL  
MOCHA  
SALTED DARK CHOCOLATE  
VANILLA CARAMEL

REG. (24OZ) \$ 6  
MEGA (32OZ) \$ 7



## COFFEE ENHANCERS

\*FAT REDUCING 'CREAMER'..... \$ 5  
MAKE IT A MEAL..... \$ 4  
PROBIOTIC..... \$ 2





**RAPUNZEL**



**FORTNITE**



**RED PANDA**

# Kids Menu

**NO CAFFEINE  
HYDRATION  
+ SOOTHES  
STOMACH**

**Mini (8oz) \$3.00 | Regular (24oz) \$5.00**



**LIGHTNING MCQUEEN**



**SPONGEBOB**



**AMONG US**