

SHAKES

<250 CALORIES
11G CARBS/ 9G SUGAR

BREAKFAST LOVERS

BANANA NUT MUFFIN 🍷
BLUEBERRY MUFFIN
COFFEE TOFFEE 🍷
CINNAMON TOAST CRUNCH 🍷
FRENCH TOAST
FRUITY PEBBLES 🍷
LUCKY CHARMS
OREO CAPPUCCINO
PECAN PANCAKE
STRAWBERRY POP TART

PB LOVERS

CHUNKY MONKEY 🍷
PB BANANA 🍷
PB BROWNIE 🍷
PB CHOCOLATE CHUNK
PB COOKIE
PB CUP
PB&J 🍷
FLUFFERNUTTER
NUTTER BUTTER

FRUIT LOVERS

BERRY BLAST 🍷
GREEN GODDESS 🍷
BLUEBERRY LEMON 🍷
ORANGE CREAMSICLE 🍷
MANGO PINEAPPLE 🍷
STRAWBERRY BANANA 🍷

DESSERT LOVERS

AMBROSIA SALAD 🍷
BANANA SPLIT
BLACK RASPBERRY 🍷
BROOKIE
CANNOLI
COCONUT CREAM PIE 🍷
COOKIE DOUGH
COOKIES & CREAM
DUNKAROO 🍷
FRIED ICE CREAM 🍷
FUNFETTI 🍷
MINT CHOCOLATE
LEMON COOKIE 🍷
OATMEAL COOKIE 🍷
RED VELVET 🍷
SALTED CARAMEL 🍷
STRAWBERRY CHEESECAKE 🍷
WHITE CHOCOLATE RASPBERRY 🍷

CHOCOLATE LOVERS

BROWNIE BATTER
CHOCOLATE BANANA
CHOCOLATE COVERED CHERRY 🍷
CHOCOLATE STRAWBERRY 🍷
DARK CHOC COCONUT 🍷
ESPRESSO BROWNIE
NUTELLA 🍷
SMORES
SNICKERS 🍷
THIN MINT
TWIX

24OZ
\$10

NUTRIENT DENSE OPTIONS

FULL MEAL REPLACEMENTS

21 ESSENTIAL VITAMINS
& MINERALS

24G PROTEIN

MAKE IT A COMBO MEAL-

CHOOSE A NUTRIENT
DENSE OPTION & ENERGY
OPTION TO SAVE \$\$

24oz
\$11

VEGAN

<250 CALORIES - GLUTEN FREE
14G CARBS/ 6G SUGAR

CHOCOLATE PB
STRAWBERRY CHOCOLATE
CHOCOLATE COCONUT
SMORES
CHERRY CHOCOLATE
CHOCOLATE COOKIE DOUGH

BLUEBERRY MUFFIN
COCONUT CREAM
RASPBERRY VANILLA
PINEAPPLE
PUMPKIN PIE
GREEN GODDESS

COFFEE

190 CALORIES/ 85MG CAFFEINE
11G CARBS/ 5G SUGAR

CARAMEL MOCHA
COOKIES & CREAM MOCHA
CHOCOLATE COCONUT MOCHA 🍷
BUTTER PECAN
GLAZED DONUT
FRENCH VANILLA
MOCHA CHIP JAVA 🍷

PEPPERMINT MOCHA
PB MOCHA 🍷
PUMPKIN SPICE
RED VELVET MOCHA 🍷
SALTED CARAMEL
STICKY BUN
VANILLA ALMOND
WHITE CHOCOLATE MOCHA 🍷

32 OZ
ICED
24 OZ
BLENDED
20OZ
HOT
\$11

BOWLS

200 CALORIE BASE
MACROS VARY/ TOPPING

BANANA SPLIT BLISS - Banana Split w/ Strawberries, Chocolate Chips & Sprinkles

BLUEBERRY DELIGHT - Blueberry Muffin w/ Granola, Coconut & Blueberries

CHOCOLATE HEAVEN - Brownie Batter w/ Chocolate Chips, Oreo & Sprinkles

FRENCH TOAST BOWL - French Toast w/ Granola, Coconut & Strawberries

NUTELLA BOWL - Nutella w/ Chocolate Chips, Graham & Strawberries

PEANUT BUTTER DREAM - PB Cookie w/ Reese's, PB Chips Chips & Oreo

S'MORES SENSATION - S'mores w/ Marshmallows, Graham & Chocolate Chips

STRAWBERRY SUNSHINE - Strawberry Banana w/ Oats, Granola & Strawberries

SALTED CARAMEL PRETZEL - Salted Caramel w/ Pretzels, Graham & Chocolate Chips

\$13

OATMEAL

310 CALORIES
34G CARBS/ 10G SUGAR

APPLE CRISP (+ 5G FIBER)
BANANA BREAD
BROWN SUGAR CINNAMON
FRENCH TOAST
GINGERBREAD COOKIE

PB BANANA
PUMPKIN SPICE
SALTED CARAMEL
SMORES
SUGAR COOKIE

\$9

ADD INS

+5G FIBER \$2.50
+5G PROTEIN \$2.50
+5G CREATINE \$2.50
PROBIOTIC \$2.00
FAT REDUCER \$6.50

CHOC CHIPS
COCONUT
GRAHAM
GRANOLA
MARSHMALLOWS

OATS
OREO
PRETZEL
REESES
PB CHIPS

SPRINKLES
BLUEBERRY
CHERRIES
PINEAPPLE
STRAWBERRY

TOPPINGS

ENERGY OPTIONS

LOADED ENERGY-

B-VITAMINS / GREEN TEA/
GUARANA/ ALOE/ <1G SUGAR

200MG CAFFEINE - LESS
CAFFEINATED AVAILABLE

ARNOLD PALMER
BLUE HAWAIIAN
CAPTAIN AMERICA
COTTON CANDY
CHERRY LIMEADE
CUCUMBER MELON
FRUIT ROLL UP
GRAPE JOLLY RANCHER
GUSHER
HIBISCUS TWIST
IMMUNI-TEA PUNCH (+ immune boost)
MANGO DRAGON FRUIT
MERMAID

MIAMI VICE
NAZARETH BLUE EAGLE
PASSIONFRUIT HIBISCUS
PEACH RING
PINA COLADA
PINK STARBURST
POMEGRANATE CHAI
SKITTLES
STRAWBERRY LEMONADE
SUNNY D
SWEDISH FISH
SWEET TART
WATERMELON PUNCH

24OZ
\$10

32OZ
\$12



PROTINI -

LOADED ENERGY ↑
WITH 8G PROTEIN

APPLE CINNAMON
BLACKBERRY LEMONADE
BLUE LAGOON
FRUIT PUNCH
PINK BERRY
PINEAPPLE CRANBERRY

RASPBERRY PEACH
SOUTHERN PEACH
TROPICAL
WHITE PEACH
WILDBERRY
WINTERSPICE

32OZ
\$14

VEGAN GREENS -

GREENS/ B-VITAMINS / GREEN TEA/ ALOE

160MG CAFFEINE

TROPICAL DRAGON FRUIT
BLACKBERRY BOOST

PINEAPPLE PUNCH
BOOSTED BERRY

24OZ
\$13

32OZ
\$15

TEA ADD INS

SPARKLING WATER \$1
COLD FOAM \$0.50
PROBIOTIC \$2.00
EPICOR IMMUNI-TEA \$2
VITAMIN C & ZINC \$3.50

B-VITAMINS \$3.50
COLLAGEN & BIOTIN \$3
ELECTROLYTES \$3
HEART HEALTH BOOST \$6
EXTRA ALOE \$2.50

BOOSTER SHOTS

FAT REDUCTION SHOTS

\$7

COCONUT CREAM
GLAZED DONUT
LEMON DROP
RASPBERRY CHEESECAKE
RED VELVET
SALTED CARAMEL
TOASTED MARSHMALLOW
WHITE CHOCOLATE

APPLE FRITTER (+FIBER) \$8.50

ORANGE PINEAPPLE
IMMUNITY SHOT

\$5

STRAWBERRY LEMONADE
COLLAGEN/BIOTIN SHOT

\$4

GREENS SHOT
\$5

ORANGE OR ACAI
ELECTROLYTES SHOT
\$4

FITNESS OPTIONS

PRE-WORKOUT -

16OZ
\$8

ORANGE/MANGO PERFORMANCE BOOST - 50 Calories B-Vitamins, Creatine
GREEN APPLE LIME BCAA - 30 Calories, B-Vitamins, 5 Chain BCAA's

RECOVERY SHAKES

<250 CALORIES
11G CARBS/ 9G SUGAR

CHOCOLATE

ALMOND JOY
BROWNIE
CHOCOLATE BANANA
CHOCOLATE CHERRY
CHOCOLATE MARSHMALLOW
CHOCOLATE OREO
MOCHA
PB CHOCOLATE
THIN MINT
TWIX

24OZ
\$11

VANILLA

APPLE PIE (+5G FIBER)
BANANA STRAWBERRY
CHERRY VANILLA
CINNAMON ROLL
DUNKAROO
ICED COFFEE CAKE
ICE CREAM CAKE
ORANGE DREAMSICLE
SALTED CARAMEL
TRIPLE BERRY

ADD INS -

FIBER \$1.50
PROBIOTIC \$1.50
PROTEIN PUNCH \$3.50
FAT REDUCER \$5.50
CREATINE - \$3.50

KIDS OPTIONS

KID SHAKES -

125 CALORIES
12G PROTEIN/ 5G SUGAR

16OZ
\$5+

ELMO
(strawberry)
COOKIE MONSTER
(cookies & cream w/oreo)
INCREDIBLES
(vanilla w/ SF chocolate & raz swirls)
SPIDERMAN
(vanilla w/ SF raz & blue raz swirls)

BROWNIE BATTER
BANANA CARAMEL
CHOCOLATE MARSHMALLOW
FRUITY PEBBLES
FUNFETTI
MANGO PINEAPPLE
S'MORES
VANILLA

KID HYDRATION -

ELECTROLYTE
DRINK

16OZ
\$4.50

ARIEL
(blue raz/strawberry)

BATMAN
(orange/grape)

ELSA
(blue raz)

HULK
(orange/green apple)

SPONGE BOB
(orange/pineapple/cherry)

BARBIE
(cotton candy)