

ENERGY BOMBS

25 CALORIES, BOOSTS METABOLISM,
THERMOGENIC, LESS THAN 1G SUGAR, ZERO CRASH!

UPGRADE TO 32 OZ OR NEED LESS CAFFEINE, ASK US!

BOOSTED TEA

85MG CAFFEINE, BOOSTER, GREEN TEA & ALOE

ORANGE IMMUNITY- Boosted with Vitamin C, Zinc, Echinacea & Epicor
 STRAWBERRY LEMON BEAUTY- Boosted w/ Collagen, & Biotin
 APPLE CRAN DETOX- Boosted w/ Fiber & Probiotic
 TROPICAL DETOX- Boosted w/ Fiber & Probiotics

LOADED ENERGY

200MG CAFFEINE B-VITAMINS, GREEN TEA, GUARANA & ALOE

ARNOLD PALMER
 BLUE HAWAIIAN
 CAPTAIN AMERICA
 COTTON CANDY
 CHERRY LIMEADE
 COOL CUCUMBER LIME
 CUCUMBER MELON
 FISH BOWL
 FRUIT ROLL UP
 GUSHER
 JOLLY RANCHER
 LOLLIPOP
 MARGARITA
 MERMAID

MIAMI VICE
 SKITTLES
 STARBURST
 SUNNY D
 SWEDISH FISH
 SWEET TART
 TROPICAL PINEAPPLE

SCHOOL SPIRITS

BANGOR SLATER
 EASTON ROVER
 NAZARETH BLUE EAGLE
 NORTHAMPTON KONKRETE KID
 PEN ARGYL GREEN KNIGHTS

PROTINI LOADED ENERGY

32oz - 200MG CAFFEINE LOADED ENERGY, ADDS 8G PROTEIN

APPLE CINNAMON
 BLACKBERRY LEMONADE
 BLUE LAGOON
 PINK
 PINEAPPLE CRANBERRY
 POMEGRANATE PEACH
 RASPBERRY PEACH

SOUTHERN PEACH
 SUMMER
 SUNSET
 TROPICAL
 WHITE PEACH
 WILDBERRY
 WINTERSPICE

BOOSTERS

SPARKLING WATER
 PROBIOTIC
 EPICOR IMMUNITY
 VITAMIN C & ZINC

B-VITAMINS
 COLLAGEN & BIOTIN
 ELECTROLYTES
 HEART HEALTH BOOST

ASK US HOW YOU CAN MAKE
THESE AT HOME & GET 20% OFF!!

NUTRIENT DENSE SHAKES

24 OZ SHAKE

21 ESSENTIAL VITAMINS & MINERALS
 24G PROTEIN / 10-12G CARBS / 8-10G SUGAR

BREAKFAST LOVERS

BANANA NUT MUFFIN (GF)
 BLUEBERRY MUFFIN
 CAPTAIN CRUNCH (GF)
 CINNAMON TOAST CRUNCH (GF)
 FRENCH TOAST
 FRUITY PEBBLES (GF)
 LUCKY CHARMS

PB LOVERS

PB BANANA (GF)
 PB BROWNIE
 PB CHOCOLATE CHUNK
 PB COOKIE
 PB CUP
 PB&J (GF)
 FLUFFERNUTTER
 NUTTER BUTTER

CHOCOLATE LOVERS

ALMOND JOY
 BROWNIE BATTER
 CHOCOLATE BANANA
 CHOCOLATE CHERRY (GF)
 CHOCOLATE STRAWBERRY
 GERMAN CHOCOLATE CAKE
 NUTELLA (GF)
 SMORES
 SNICKERS (GF)
 THIN MINT
 TWIX

DESSERT LOVERS

BANANA SPLIT
 BLACK RASPBERRY (GF)
 BOSTON CREAM PIE
 BUTTER PECAN (GF)
 CANNOLI
 COCONUT CREAM PIE (GF)
 COOKIE DOUGH (GF)
 FROSTED ANIMAL CRACKER (GF)
 DUNKAROO (GF)
 FUNFETTI (GF)
 MINT CHOCOLATE
 OATMEAL COOKIE (GF)
 RED VELVET (GF)
 RICE KRISPIE
 SALTED CARAMEL (GF)
 STRAWBERRY CHEESECAKE (GF)

COFFEE LOVERS

COFFEE TOFFEE (GF)
 ICED COFFEE CAKE
 OREO CAPPUCCINO
 ESPRESSO BROWNIE
 ICED PB MOCHA (GF)

FRUIT LOVERS

BERRY BLAST (GF)
 GREEN GODDESS (GF)
 LEMON BERRY (GF)
 ORANGE BERRY (GF)
 ORANGE CREAMSICLE (GF)
 MANGO PINEAPPLE (GF)
 STRAWBERRY BANANA (GF)

COMBOS

BOOSTER TEA + SHAKE
 LOADED ENERGY + SHAKE
 PRO-TINI + SHAKE

TAKE A PICTURE AND CHECK-IN
ON SOCIAL FOR A DISCOUNT!!

Ask for your shake LAYERED with any of your favorite toppings

BOOSTERS

FIBER
 PROBIOTIC
 PROTEIN PUNCH
 FAT REDUCER

OPTIONAL TOPPINGS

CHOC CHIPS
 COCONUT
 GRAHAM
 GRANOLA
 OATS

OREO
 PRETZEL
 REESES
 MARSHMALLOW
 SPRINKLES

BLUEBERRY
 PINEAPPLE
 STRAWBERRY

SWAP YOUR SHAKE

ULTIMATE COFFEE

32oz ICED & 24oz BLENDED FULL MEAL REPLACEMENT COFFEE
190 CALORIES / 85MG CAFFEINE / 24G PROTEIN / 21 VITAMINS & MINERALS

CARAMEL MOCHA
COOKIES & CREAM MOCHA
CHOCOLATE COCONUT MOCHA
GLAZED DONUT FRAPPE
GINGERBREAD MOCHA
HAZELNUT FRAPPE
MOCHA CHIP JAVA
PEPPERMINT MOCHA

PB MOCHA
RED VELVET MOCHA
SALTED CARAMEL FRAPPE
STICKY BUN MACCHIATO
STRAWBERRY FRAPPE
TOFFEE NUT FRAPPE
VANILLA ALMOND FRAPPE
WHITE CHOCOLATE MOCHA

SMOOTHIE BOWL

200 CALORIE BASE SHAKE WITH 2 TABLESPOONS OF EACH 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, Chocolate 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

PROTEIN OATMEAL

HOT OATMEAL / 310 CALORIES / 24G PROTEIN / 8G FIBER / 10G SUGAR

APPLE CRISP
BANANA BREAD
BROWN SUGAR CINNAMON
FRENCH TOAST
OATMEAL COOKIE

PB BANANA
PUMPKIN SPICE
SALTED CARAMEL
SMORES
SUGAR COOKIE

ASK US HOW YOU CAN MAKE
THESE AT HOME & GET 20% OFF!!

VEGAN

Green Energy
Greens Superfood Booster / B-vitamins / Green Tea
24 or 32 oz 160mg caffeine 60 calories

TROPICAL DRAGONFRUIT
BLACKBERRY BOOST
PINEAPPLE PUNCH
BOOSTED BERRY

PLANT BASED SHAKE

150 CALORIES / 20G PUMPKIN, CHIA & PEA PROTEIN / VEGAN

CHOCOLATE PB	BLUEBERRY CINNAMON
STRAWBERRY CHOCOLATE	STRAWBERRY CINNAMON
CHOCOLATE COCONUT	COCONUT CREAM
CHOCOLATE MARSHMALLOW	RASPBERRY VANILLA
CHERRY CHOCOLATE	PINEAPPLE
COOKIE DOUGH BROWNIE	VANILLA HAZELNUT

Vegan Boosters

GREENS BOOSTER
FRUIT & VEGGIE SUPERFOODS

CITRUS BERRY IMMUNE SUPPORT
ELDERBERRY & REISHI MUSHROOMS
VITAMIN D, VITAMIN C & ZINC

DIGESTIVE SUPPORT
FIBER & PROBIOTICS

TAKE A PICTURE AND CHECK-IN
ON SOCIAL FOR A DISCOUNT!!

FITNESS MENU

GYM JUICE - PRE & DURING WORKOUT

ORANGE MANGO PERFORMANCE BOOST - 50 Calories., B-Vitamins, Creatine
GREEN APPLE LIME REJUVENATE - 30 Calories, B-Vitamins, 5 Chain BCAA

24 OZ POST WORKOUT SHAKE

24G TRI-CORE PROTEIN / 4000MG BCAA / 3000MG L-GLUTAMINE

CHOCOLATE

ALMOND JOY
BROWNIE
CHOCOLATE OREO
CHOCOLATE PB BANANA
MOCHA
SPICE CHERRY CHOCOLATE
THIN MINT
TOOTSIE ROLL
TWIX

VANILLA

BANANA STRAWBERRY
CHERRY VANILLA
CINNAMON ROLL
DUNKAROO
ICY COFFEE CAKE
ICE CREAM CAKE
ORANGE DREAMSICLE
SALTED CARAMEL
TRIPLE BERRY

KIDS MENU

COOL JUICE 16 OZ - ELECTROLYTES

BLUE RAZ
COTTON CANDY
LOLLIPOP

ORANGE
PEACH
WATERMELON

16 OZ KIDS SHAKE

ALMOND JOY
BANANA NUT MUFFIN
BROWNIE BATTER
BUTTER PECAN
CHOCOLATE BANANA
CHOCOLATE MARSHMALLOW
CINNABON
CINNAMON TOAST CRUNCH
COOKIE DOUGH
FROSTED ANIMAL COOKIE

FRUITY PEBBLES
FUNFETTI
MINT CHOCOLATE
OATMEAL COOKIE
ORANGE CREAMSICLE
PB&J
PB COOKIE
RED VELVET
RICE KRISPIE TREAT
STRAWBERRY BANANA