



PICK A DRINK OR DRINK & SHAKE COMBO



Please advise us of any food allergies

Nutrition

DRINKS

TEA W/ ALOE



12 oz
25-85 mg
caffeine
~5 calories

ENERGIZING TEA (boosts metabolism, burns calories, keeps you alert. Order hot or cold.

TEA FLAVORS

Raspberry Pomegranate* Chai
Lemon Original NRG*
Peach Cinnamon

ALOE (aids in digestion & nutrient absorption)

TEA FUSION



20 oz
50-170 mg
caffeine
0-40 calories

DOUBLE TEA
DOUBLE ALOE
CHOICE OF FRUIT

FRUIT CHOICES

Pineapple Raspberries
Strawberries Blueberries

POWER TEA



32 oz
most popular
115-200 mg
caffeine
~30 calories

ENERGIZING TEA (boosts metabolism, burns calories, alertness),
ALOE (aids in digestion/ nutrient absorption), **NATURES RAW**
GUARANA TEA (mental alertness & clarity), **LIFTOFF ENERGY BOOST**
(vitamin C, B1, B2, B3, B5, B6, B7, B12 & potassium) **FLAVOR BOOSTERS**

FACELIFT TEA



32 oz
115 mg
caffeine
35 calories

COLLAGEN (supports hair, skin elasticity, nails, reduction of fine lines & wrinkles) **LIFTOFF ENERGY BOOST** (vitamin C, B1, B2, B3, B5, B6, B7, B12, potassium) **NATURES RAW GUARANA TEA** (mental alertness & clarity), **STRAWBERRIES**

ICED PROTEIN COFFEE



32 oz
15g Protein
80 mg caffeine
100 calories

HIGH PROTEIN ICED COFFEE
a blend of real coffee & whey protein w/ low sugar)

COFFEE FLAVORS

House Blend Mocha
Caramel Smores
Blueberry Butter Pecan
Strawberry Cheesecake

TEA BOOSTS - EXTRA CHARGE

EXTRA ALOE

Aids in nutrient absorption & digestion

ALOE FLAVORS

Mango-Mandarin-Cranberry

COLLAGEN

Reduces the appearance of fine lines, wrinkles & cellulite

H3O ELECTROLYTE

provides rapid hydration

PROBIOTIC

1 billion active probiotic cultures

BEST DEFENSE-IMMUNE

1000mg of Vitamin C, with Echinacea and Zinc

LIFTOFF ENERGY

Adds 75mg caffeine +B vitamins & potassium

LIFTOFF FLAVORS

Lemon/Lime-Tropical
Orange-Pomegranate
Blackberry-Pineapple

SHAKES



24G PROTEIN
MEAL REPLACEMENT

~250 calories



34G PROTEIN
MEAL REPLACEMENT

~290 calories



36G PROTEIN
POST WORKOUT

~285 calories

(Whey & Casein Protein)

SHAKE BOOSTS (FOR ANY SHAKE)- EXTRA CHARGE

PROLESSA SHOT

Helps to reduce belly fat and curb hunger

PROBIOTIC BOOST

1 billion active probiotic cultures

FIBER BOOST

5g soluble and insoluble fiber

NEW MOM BOOST

5g soluble and insoluble fiber

POWER TEA FLAVORS

Loaded-115mg caffeine or Litt-200mg caffeine

LEMON/LIME

AQUA MAN - Lemonade-Blue Blast
BLACK & BLUE - Blackberry-Blueberry
BLACKBERRY COOLER - Cucumber-Blackberry
CUCUMBER SEED - Cucumber-Watermelon
HULK SMASH - Grape-Green Apple
ISLAND BLUE - Blueberry-Coconut
LAVENDER LEMONADE - Lavender-Blackberry
LIGHTNIN LEMONADE - Lemonade-Blue Blast
LEMON MARGARITA - Margarita-Melon
NINJA TURTLE - Lemonade-Blue Blast
SMURF - Blue Blast-Blue Raspberry
STRAWBERRY MARGARITA - Margarita-Strawb
TROPICAL BLUE - Pineapple-Blueberry
SWAMP WATER - Green Apple-Blue Raspberry
WATERMELON APPLE SMASH - Gr Apple-Water
WATERMELON THUNDER - Blue Blast-Water

POMEGRANATE

BLUE RASPBERRY - Rainbow-Blue Blast
CALIFORNIA SUNRISE - Strawberry-Orange
CANDY APPLE CIDER - Cinn-Cherry-Gr Apple
CAPTAIN AMERICA - Rainbow-Blue Blast
COCO BLUE - Coconut-Blue Blast
DARK KNIGHT - Peach-Blackberry-Grape
GRONKLE - Passion Fruit-Dragon Fruit
MELON BOMB - Watermelon-Melon
PHOENIX - Strawberry-Orange
PINK FLAMINGO -Lemonade-Tropical
PINK PANTHER - Rainbow-Strawberry
SHARK BITE - Cherry-Blue Blast
SKITTLES - Grape-Rainbow
SUNSET CRUISE - Melon-Passion Fruit
VERRY BERRY - Raspberry-Blackberry
WATERMELON BLOWPOP - Tropical- Water
WATERMELON JOLLY RANCHER - Water-Gr Apple

PINEAPPLE

HULA BERRY - Lemonade-Strawberry
ORD - Dragon Fruit-Lemonade
QUETZAL - Dragon Fruit-Coconut
SMAUG - Dragon Fruit-Cherry

TROPICAL

ALABAMA SLAMA - Rainbow-Tropical
CUCUMBER COLADA - Cucumber-Pina Colada
GUSHERS - Grape-Blue Blast
MERMAID WATER - Blue Blast-Lemon
OAHU - Strawberry-Watermelon
PUFF - Dragon Fruit-Green Apple
PURPLE MERMAID -Strawberry-Grape
RAINBOW - Strawberry-Blue Blast
SUNRISE - Peach-Tropical-Strawberry

ORANGE

BLACK PEARL - Blue Blast-Grape
DROGON - Pina Colada-Dragon Fruit
GROOT - Orange-Green Apple-
IRON MAN - Orange-Strawberry
MELONCHOLY - Melon-Blueberry
MERMAID - Blue Rasp-Green Apple
PASSION FRUIT - Passion Fruit-Pineapple
PINK CADILLAC - Orange-Rainbow
RED SUN - Strawberry-Cherry
SNOZZBERRY - Grape-Cherry
SUMMER BLAST - Melon-Blue Blast
SUMMER BREEZE - Rainbow-Lemon
TROPICAL SUNRISE - Orange-Strawberry



BLACKBERRY

BLACKBERRY MALIBU - Pina Colada-Blkberry
ELLIOT - Dragon Fruit-Green Apple
RAZMATAZ - Lemonade-Raspberry
TOOTHLESS - Dragon Fruit-Blue Blast

MEAL REPLACEMENT SHAKE FLAVORS

Soy & Plant Protein

BREAKFAST

BANANA CHOC CHIP BREAD
BANANA NUT BREAD
BLUEBERRY MUFFIN
CAPTAIN CRUNCH BERRY
CARAMEL NUT FRENCH TOAST
CINNAMON BUN
CINNAMON BLUEBERRY PANCAKE
CINNAMON TOAST CRUNCH
CRAISIN NUT BREAD
CRANBERRY CITRUS CRISPS
FRENCH TOAST
LEMON POPPYSEED MUFFIN
TRIX CEREAL

FRUITY

BANANA SPLIT
BLUEBERRY LEM POUND CAKE
BLUEBERRY CHEESECAKE
ORANGE CREAMSICLE
PINA COLADA
STRAWBERRY BANANA
WILD BERRY

MINT

MINT COOKIES & CREAM
MINT OREO
THIN MINT

COFFEE

CARAMEL LATTE
COFFEE CAKE
COFFEE OREO
JAVA CHIP
MOCHA LATTE
TIRAMISU



PEANUT BUTTER

BUTTERFINGER
CHOC PB CHEESECAKE
CHUBBY HUBBY
CHUNKY MONKEY
DOLCE AND GABANA
ELVIS
MOOSE TRACKS
NO BAKE COOKIE
NUTTER BUTTER
PAYDAY
PB AND J
PB BLONDIE
PB CAP'N CRUNCH
PB CHEESECAKE
PB OATMEAL COOKIE
PB OREO
REESES PB CUP
TAKE 5
WHITE CHOC REESES

REBUILD SHAKE FLAVORS

Whey & Casein Protein

VANILLA

Blueberry Lemon Bar
Cinnamon Swirl
Coconut Dream
Green Sherbet
Neapolitan
Peanut Butter Delight
Pistachio Cannoli
Raspberry Truffle
Vanilla Chip

CHOCOLATE

Frosty
German Chocolate Cake
No Bake Cookie
Peanut Butter Pattie
Thin Mint
Turtle Cheesecake

STRAWBERRY

Strawberry
Strawberry Cheesecake
Strawberry Lemon Swirl

DESSERT

ALMOND JOY
BANANA CARAMEL PIE
BANANAS FOSTER
BROWNIE BATTER
CARROT CAKE
CHOCOLATE CHIP COOKIE
CHOC COVERED STRAWBERRY
CHOCOLATE FUDGE
COCONUT CREAM PIE
COOKIE DOUGH
COOKIES AND CREAM
DARK CHOCOLATE MACROON
GERMAN CHOCOLATE CAKE
KEY LIME PIE
KIT KAT
MILKY WAY
OATMEAL CRAISIN COOKIE
PISTACHIO CANNOLI
ROCKY ROAD
S'MORES
SALTED CARAMEL
SAMOAS
SNICKERS
TURTLE CHEESECAKE
TWIX
VANILLA BEAN
WEDDING CAKE
WHITE CHOCOLATE RASP