

Teas

Metabolism Booster | Healthy Energy | Antioxidants
16oz | 32oz

BASIC

\$3 | \$5

Raspberry
Lemon
Peach
Original
Green Tea
Chai
Cinnamon
Peppermint

ENERGY

\$5 | \$7

The Maverick
Lemon Drop
Pineapple Crush
Miami Sunrise
Peach Wave
Green Machine
Lemon Berry
Peach Beach

BEAUTY

\$8 | \$10

Pretty & Pink
Tropical Sunrise
Raspberry Lemonade
The Glenwood

HYDRATORS

\$4.50 | \$7.50

Acai Berry
Orange Berry



COFFEE

15g Protein | 30g Protein
16oz | 32oz

Vanilla | Mocha | White Chocolate
Hazelnut | Caramel | Smores
Cinnamon Roll

Coffee Blenders \$8 | \$10

Iced Coffee's \$5 | \$8

Non- Caffeinated

Protein Kool-Aid | 15g Protein \$4 Aloe Water \$3
Nite Berry | Helps w/blood flow & hydration \$6
Immunity Bomb \$6



Shakes & Bowls

24g Protein | Under 250 Calories

16oz \$8 | 32oz \$12 | Crunch Bowl \$10.50

VANILLA

Vanilla Wafer	Caramel Coffee
Vanilla Cheesecake	Butter Pecan
French Toast	Cinnamon Roll
Caramel Cheesecake	Maple Donut
Almond Delight	Coffee Cake
Frosted Animal	Mint Latte
Birthday Cake	Vanilla Latte
Wedding Cake	Hazelnut Latte
Sugar Cookie	Caramel Latte
Oatmeal Cookie	Rice Crispy
Snickerdoodle	Lucky Charms
Cinnamon Crunch	White Chocolate S'mores
Brown Sugar Poptart	Caramel Cone

CHOCOLATE

Oreo	Turtle Frap
No-Bake Cookie	S'mores
Cookie Dough	Mudslide
Snickers	Twix
Butterfinger	Brownie Batter
Mocha Chip	German Chocolate Cake
Chocolate Chip Frap	Red Velvet Oreo

FRUITY

Banana Foster	White Choc. Raspberry
Orange Dream	Strawberry Cheesecake
Banana Bread	Blueberry Muffin
Chunky Monkey	Fruity Pebblz
Banana Nut Bread	Choc. Covered Strawberry
Strawberry Poptart	Key Lime Pie
Choc. Covered Banana	Beach Sunrise

PEANUT BUTTER

PB Cookie	Cookie Monster
PB Waffle	Captain Crunch
PB & J	Reeses
Nutter Butter	White Chocolate Reeses

BOOSTERS

Extra Fiber	\$2	Spinach	\$1
Extra Protein	\$2	Flax Seed	\$1
Probiotic	\$2	Muscle Recovery	\$3
New Mom	\$3	Protein (Whey)	

A LA CARTE

16oz | 32oz

Shake	\$8		\$12
Post workout Shake	\$10		\$13
Crunch Bowl	\$10. ⁵⁰		\$10. ⁵⁰
Kids Shake	\$6		\$6
Basic Tea	\$3		\$5
Energy Tea	\$5		\$7
Beauty Tea	\$8		\$10
Hydrators	\$4. ⁵⁰		\$7. ⁵⁰
Protein Kool-aid (15g)	\$4		\$8
Coffee (15g)	\$5		\$8
Açaí Bowl	\$12		\$14



Glenwood Nutrition

POPULAR COMBOS

Shake + Basic Tea	\$10
Shake + Energy tea	\$13
Shake + beauty tea	\$16
Make it a bowl	\$2

KIDS \$6 / \$8

Any Flavor Shake Or Bowl	
12g Protein	
125 Calories	
*add Kids Booster	\$2.50

WORKOUT

Pre-workout (Before)	\$5
CR7 (During)	\$4
Rebuild (After)	\$6

SNACKS

Protein Bar	\$5
Snack Bar	\$3
Snack Bite	\$2
Soy Nuts	\$2