



INDEPENDENCE

SPECIAL-TEAS



PATRIOTIC PUNCH

Blue Blast
Pina Colada
Fruit Punch



UNCLE SAM SANGRIA

Raspberry
Blueberry
Cherry



AMERICAN HONOR

Strawberry
Pineapple
Blue Raspberry



FIRECRACKER

Orange
Watermelon
Passionfruit





INDEPENDENCE

SHAKES



LET FREEDOM RING

Vanilla
Strawberry
Blue Raspberry



AMERICAN DREAM

Vanilla
Orange
Cheesecake

FIREWORK FUDGE

Caramel
Chocolate
White Chocolate



HAPPY BIRTHDAY AMERICA

Vanilla
Birthday Cake



EVERYDAY FAVORITES!

PROTEIN COFFEE

ICED COFFEE \$6/\$8

M L

- CARAMEL MACCHIATO
- HOUSE BLEND
- MOCHA

15G/22.5G PROTEIN - 100/150 CAL
2G/3G SUGAR



HOT COFFEE \$6

M ONLY

- CARAMEL MACCHIATO
- HOUSE BLEND
- MOCHA

15G PROTEIN - 100 CAL
2G SUGAR



SIGNATURE \$8/\$10

M L

- PEANUT BUTTER CUP
- CHOC CHIP COOKIE
- SEA SALT MOCHA
- CINNA-BUN
- CARAMEL BROWNIE
- SAMOA

15G/22.5G PROTEIN - 150/200 CAL
2G/3G SUGAR



FLOAT \$13

L ONLY

- CARAMEL BROWNIE
- SUGAR COOKIE
- S'MORES

39G PROTEIN - 300 CAL
11G SUGAR



WHEY PROTEIN
LOW SUGAR
LOW CARB
LOW CALORIE
CAFFEINE



THE CLASSICS

\$8/\$11
M L
BEAUTY BOMB
STRAWBERRY POMEGRANATE
COLLAGEN
ANTIOXIDANTS
ENERGY



\$8/\$9
M L
HYDRATE
ORANGE
ELECTROLYTES
HYDRATION
ENERGY



\$9/\$11
M L
GET WELL SOON
MANDARIN ORANGE
VITAMIN C
ECHINACEA
IMMUNE BOOSTER
ENERGY



\$10/\$11
M L
SPRING DRINK
PEACH MANGO
15G PROTEIN
COLLAGEN
ENERGY



\$10/\$11
M L
PINK DRINK
POMEGRANATE
15G PROTEIN
COLLAGEN
ENERGY



**WHEY
PROTEIN
ECHINACEA
ELECTROLYTES
VITAMIN C**
B, B1, B2, B3, B5, B6, B7, B12
**ANTIOXIDANTS
COLLAGEN
IMMUNITY
HYDRATION**



WORKOUT

\$11/\$12
M L
HIGH OCTANE
WILD BERRY
OR TROPICAL
PRE WORKOUT
HYDRATION
15G PROTEIN



\$7
M ONLY
RECHARGE ME
ACAI BERRY
& GREEN APPLE
HYDRATION
BCAA



\$9
M ONLY
HYDRO FIT
ORANGE BLUE RASPBERRY
OR TROPICAL FRUIT
HYDRATION
CREATINE
CAFFEINE



\$12
L ONLY
THE PUMP
BLACKBERRY
& GREEN APPLE
HYDRATION
BLOODFLOW
CREATINE
CAFFEINE
BCAA



\$9
M ONLY
**REGULAR
POST WORKOUT SHAKE**
CHOOSE ANY
SHAKE FLAVOR
33G WHEY PROTEIN
31G CARBS + 2.5G FAT



\$9
M ONLY
**LOW CARB
POST WORKOUT SHAKE**
CHOOSE ANY
SHAKE FLAVOR
33G WHEY PROTEIN
15G CARBS + 2G FAT



\$11
M ONLY
**HIGH PROTEIN
MUSCLE BUILDER SHAKE**
CHOOSE ANY
SHAKE FLAVOR
50G WHEY PROTEIN
36G CARBS + 4G FAT
+ 5G CREATINE



**WHEY
PROTEIN
AMINO ACIDS
ELECTROLYTES
HERBAL ALOE
VITAMIN C**
**PRE WORKOUT
RECOVERY
HYDRATION**





ORGANIC BLENDS

VEGAN PROTEIN SHAKE \$6

CHOCOLATE
VANILLA



HERBAL TEA + ALOE \$6

RASPBERRY
CINNAMON
LEMON
PEACH
CHAI



GREENS BOOSTER

CUCUMBER GREENS \$12
IMMUNITY GREENS \$8
COLLAGEN GREENS \$7
GREENS SHOT \$6



DIGESTIVE BOOSTER

 DIGESTIVE COCKTAIL \$12
DIGESTIVE GREENS \$8
ALOE WATER \$4



IMMUNITY BOOSTER

IMMUNITY GREENS \$9
COLLAGEN IMMUNE BOOST \$8
IMMUNITY SHOT \$3



 CONTAINS DAIRY & SOY

CAFFEINE FREE

\$9/\$10
M L

TANG

ORANGE MANGO
OR LEMON

VASCULAR, HEART &
BRAIN SUPPORT



\$9/\$10
M L

PINK REFRESHER

WILD BERRY POMEGRANATE

15G PROTEIN
COLLAGEN



\$8

M ONLY

BETTER DAYS

MANDARIN ORANGE

HYDRATION
VITAMIN C
ZINC



\$9/\$10
M L

SPRING REFRESHER

PEACH MANGO

15G PROTEIN
COLLAGEN



\$7

M ONLY

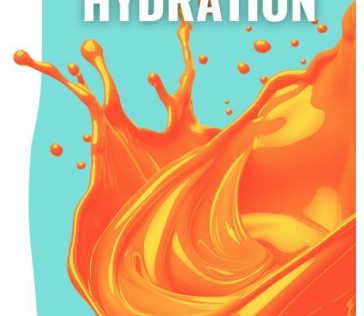
COLLAGEN REFRESHER

STRAWBERRY ORANGE

HYDRATION
COLLAGEN



WHEY
PROTEIN
ECHINACEA
ELECTROLYTES
HERBAL ALOE
VITAMIN C
COLLAGEN
IMMUNITY
HYDRATION



PROTEIN TEA \$13

15G WHEY
PROTEIN



FRUIT ROLLUP
CHERRY
STRAWBERRY



BLACKBERRY FUSION
BLACKBERRY
POMEGRANATE



BLACK PEARL
BLUE RASPBERRY
GRAPE



TROPICANA
PINA COLADA
ORANGE

12G CREAMY
WHEY PROTEIN



CREAMSAVER
PINK STARBURST
STRAWBERRY
VANILLA



PURPLE RAIN
WATERMELON
BLUE BLAST
CHERRY
VANILLA



BLUE DREAM
BLUE RASPBERRY
BLUE BLAST
VANILLA



CREAMSICLE
WHITE GRAPE
ORANGE
VANILLA

**WHEY
PROTEIN**
ANTIOXIDANTS
VITAMIN C
B, B1, B2, B3, B5, B6, B7, B12
COLLAGEN - HYDRATION
ENERGY

ASK ABOUT OUR
PROTEIN COFFEE



LIT TEA

\$6/\$8/\$9

118-203MG
CAFFEINE

**#1 WATERMELON
SPLASH**
WATERMELON
CUCUMBER



#2 AQUAMARINE
GREEN APPLE
BLUE BLAST
PINEAPPLE



#3 BIKINI BOTTOM
BLUE RASPBERRY
PINEAPPLE



**#4 CUCUMBER
COOLER**
BLUE RASPBERRY
CUCUMBER



#5 PIXIE DUST
PINK STARBURST
COTTON CANDY



#6 ARCTIC BLAST
BLUE RASPBERRY
BLACKBERRY



#7 HYDRO ELIXIR
ORANGE MANGO
BLUE BLAST



#8 ISLAND VIBES
COCONUT
MANGO



#9 CHERRY CANDY
RAINBOW CANDY
CHERRY



#10 TIE DYE
GRAPE
CHERRY



**#11 BLUE
HAWAIIAN**
BLUE BLAST
COCONUT



#12 GRAPE SUCKER
PINK STARBURST
GRAPE



BOOST IT!

DIGESTION



**ALOE
CONCENTRATE**
CRANBERRY
MANDARIN
MANGO
\$2.00

**HAIR, SKIN
& NAILS**



COLLAGEN
STRAWBERRY
\$3.00

CIRCULATION



NITENWORKS
LEMON
\$3.25

HYDRATION



HYDRATE
ACAI BERRY
ORANGE
\$3.00

HEALTHY SHAKES \$9

CONTAINS NUTS

01. FAT ELVIS

CHOCOLATE
PEANUT BUTTER
BANANA



02. SNICKERS

COOKIES & CREAM
PEANUT BUTTER
CARAMEL



03. CHOCOLATE PB WAFFLE

CARAMEL
PEANUT BUTTER
CHOCOLATE



04. TURTLE CHEESECAKE

VANILLA
CHEESECAKE
CHOCOLATE
PECANS



05. MONSTER COOKIE

COOKIES & CREAM
WHITE CHOCOLATE
PEANUT BUTTER
OATMEAL



06. SCOTCHAROO

VANILLA
BUTTERSCOTCH
PEANUT BUTTER
CHOCOLATE



07. PB CHEESECAKE

VANILLA
PEANUT BUTTER
CHEESECAKE



08. CARAMEL NUT ROLL

PRALINES & CREAM
CARAMEL
CINNAMON



09. BROWNIE BATTER

CHOCOLATE
WHITE CHOCOLATE
CHEESECAKE



10. BANANA CREAM PIE

VANILLA
BANANA



11. CAKE BATTER

VANILLA
WHITE CHOCOLATE
CHEESECAKE



12. ALMOND JOY

CHOCOLATE
COCONUT
ALMOND



13. ROOT BEER FLOAT

VANILLA
ROOT BEER



14. CHOCOLATE COVERED CHERRY

CHOCOLATE
ALMOND
CHERRY



15. STRAWBERRY CHEESECAKE

STRAWBERRY
CHEESECAKE



16. SALTED CARAMEL MACHIATTO

SALTED CARAMEL
COFFEE



24G PROTEIN
240 CALORIES
21 VITAMINS
21 NUTRIENTS
0 TRANS FATS
0 CHOLESTEROL
VITAMIN A,C,E,K,B6,B12
POTASSIUM 190MG
MAGNESIUM - ZINC - COPPER
CALCIUM - IRON
15G CARBS
9G SUGAR

BOOSTERS

- 1. ALOE (CRANBERRY, MANDARIN OR MANGO)** SUPPORTS HEALTHY DIGESTION
- 2. COLLAGEN** SKIN ELASTICITY, HEALTHY HAIR & NAIL AND JOINT SUPPORT
- 3. HYDRATION (ORANGE OR ACAI BERRY)** ESSENTIAL ELECTROLYTES, CARBOHYDRATES + VITAMINS C & E
- 4. LIFTOFF** SUPPORTS BRAIN FUNCTION & MEMORY RECALL, INCREASES METABOLISM + VITAMINS C & ENERGY SUPPORTING B VITAMINS
- 5. BOBA** FRUIT JUICE FILLED BALL WITH SEAWEED CASING
- 6. PROBIOTIC** BALANCES GOOD & BAD BACTERIA IN GUT
- 7. BEST DEFENSE** SUPPORTS IMMUNE FUNCTION WITH ECHINACEA & 1,000MG VITAMIN C + 8MG ZINC
- 8. IMMUNITY ESSENTIALS** EPICOR (MULTIVITAMIN FOR YOUR IMMUNE SYSTEM), VITAMINS C & D & ZINC
- 9. NITWORKS** SUPPORTS HEALTHY BLOOD PRESSURE, HEART, BRAIN & VASCULAR FUNCTION
- 10. BEVERAGE MIX (WILD BERRY OR PEACH MANGO)** 15G WHEY PROTEIN
- 11. ENHANCED PROTEIN POWDER** 12G WHEY PROTEIN + AMINO ACIDS TO REDUCE MUSCLE SORENESS
- 12. FIBER (UNFLAVORED, TROPICAL OR APPLE)** PROMOTES REGULARITY & MINIMIZES BLOATING
- 13. VEGAN GREENS** ORGANIC BLEND OF FRUITS, VEGETABLES & SUPERFOODS
- 14. VEGAN IMMUNITY** DAILY IMMUNE SUPPORT, ANTIOXIDANTS + VITAMINS C & D
- 15. CREATINE** 5G CREATINE MONOHYDRATE, INCREASES MUSCLE MASS WHEN COMBINED WITH STRENGTH EXERCISE
- 16. PREWORKOUT (TROPICAL MANGO OR WATERMELON)** SUPPORTS HEALTHY BLOOD FLOW, FOCUS, PERFORMANCE & MUSCLE STRENGTH
- 17. PROLESSA** BELLY FAT REDUCER & APPETITE SUPPRESSANT

\$2.00
\$3.00
\$3.00
\$3.75
\$1.50
\$2.00
\$3.00
\$3.00
\$3.25
\$3.50
\$2.50
\$3.00
\$4.00
\$3.00
\$1.50
\$4.25
\$6.50

WHEY
PROTEIN
ECHINACEA
ELECTROLYTES
VITAMIN C
B, B1, B2, B3, B5, B6, B7, B12
ANTIOXIDANTS
COLLAGEN
IMMUNITY
HYDRATION

KIDS CORNER

\$5/\$6
S M

BLUES CLUES

ORANGE
BLUE RASPBERRY



PAW PATROL

ORANGE
CHERRY



CLIFFORD

RASPBERRY
CRANBERRY



MINIONS

ORANGE
MANGO



HOTEL TRANSYLVANIA

GRAPE
ACAI BERRY



ELSA

BLUE RASPBERRY
ACAI BERRY



**16.5G PROTEIN
21 VITAMINS
MINERALS**

\$5



STRAWBERRY



VANILLA



CHOCOLATE

ALL ABOUT GREENS

GREENS

Greens Booster with choice of Aloe
(Mango, Mandarin, Cranberry)

\$6

IMMUNITY

Greens Booster with Immune Support

\$9

PROTEIN PEACH GREENS

Greens, Mango Aloe, Probiotic &
Peach Mango Beverage Mix (15G Protein)

\$11

COLLAGEN GREENS

Greens + Collagen

\$8

PINEAPPLE GREENS

Greens, Mango Aloe, Probiotic &
Pineapple Flavor

\$9

PROTEIN BERRY GREENS

Greens, Cranberry Aloe, Probiotic &
Wild Berry Beverage Mix (15G Protein)

\$11



CAFFEINATED GREENS

CUCUMBER GREENS

Greens, Mango Aloe, Lemon Tea,
Lime Liftoff & Cucumber Flavor

\$12

TROPICAL GREENS

Greens, Mandarin Aloe, Lemon Tea,
Tropical Liftoff & Pineapple Flavor

\$12

GREEN LIGHT TEA

Greens, Lemon Tea, Pom Liftoff, Mandarin Aloe,
Peach Mango Beverage Mix, Pineapple &
Watermelon Flavor (15G Protein)

\$14

GREEN GODDESS

Greens, Hydration, Mandarin Aloe
& Orange Liftoff

\$12

