



32 OZ LIT TEA

P

= PROTEIN TEA

SUMMER TIME

SIPPIN'

SKINNY DIPPIN'



GUMMY WORM, GRAPE
& BLUE BLAST

MEXICAN
LOLLIPOP

SUMMER SKY



PINK STARBURST,
STRAWBERRY
& BLACKBERRY

SOME BEACH



WATERMELON,
MANGO & TAJIN

MALIBLUE GREENS



BLUE BLAST &
BLUEBERRY LEMONADE

HEATWAVE



PINEAPPLE, GREENS
& BLUE RASPBERRY



P

BLACK CHERRY &
VANILLA (12G PROTEIN)

HEALTHY SHAKES

24G PROTEIN | ~200 CALORIES

NUTELLA TIME



KEY LIME PIE



MANGO PINEAPPLE



COFFEE FLOAT

39G PROTEIN | ~300 CALORIES | 85MG CAFFEINE

S'MORES



AVAILABLE FATHER'S DAY WEEKEND ONLY!

Happy
Fathers
Day



The
Super
Dad

**BLUE BLAST
PINEAPPLE
H30**

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



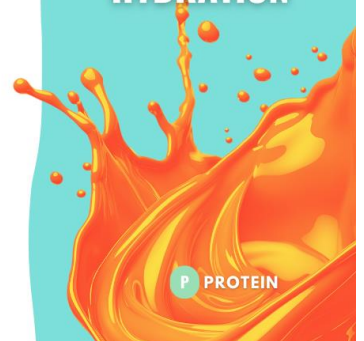
\$10/\$11
M L

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**



P PROTEIN

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

BOOST IT!

#1 WATERMELON SPLASH
WATERMELON
CUCUMBER



#2 AQUAMARINE
GREEN APPLE
BLUE BLAST
PINEAPPLE



#3 BIKINI BOTTOM
BLUE RASPBERRY
PINEAPPLE



DIGESTION



ALOE CONCENTRATE
CRANBERRY
MANDARIN
MANGO
\$2.00

#4 CUCUMBER COOLER
BLUE RASPBERRY
CUCUMBER



#5 PIXIE DUST
PINK STARBURST
COTTON CANDY



#6 ARCTIC BLAST
BLUE RASPBERRY
BLACKBERRY



HAIR, SKIN & NAILS



COLLAGEN
STRAWBERRY
\$3.00

#7 HYDRO ELIXIR
ORANGE MANGO
BLUE BLAST



#8 ISLAND VIBES
COCONUT
MANGO



#9 CHERRY CANDY
RAINBOW CANDY
CHERRY



CIRCULATION



NITWORKS
LEMON
\$3.25

#10 TIE DYE
GRAPE
CHERRY



#11 BLUE HAWAIIAN
BLUE BLAST
COCONUT



#12 GRAPE SUCKER
PINK STARBURST
GRAPE



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	\$2.00
2. COLLAGEN	SKIN ELASTICITY, HEALTHY HAIR & NAIL AND JOINT SUPPORT	\$3.00
3. HYDRATION (ORANGE OR ACAI BERRY)	ESSENTIAL ELECTROLYTES, CARBOHYDRATES + VITAMINS C & E	\$3.00
4. LIFTOFF	SUPPORTS BRAIN FUNCTION & MEMORY RECALL, INCREASES METABOLISM + VITAMINS C & ENERGY SUPPORTING B VITAMINS	\$3.75
5. BOBA	FRUIT JUICE FILLED BALL WITH SEAWEED CASING	\$1.50
6. PROBIOTIC	BALANCES GOOD & BAD BACTERIA IN GUT	\$2.00
7. BEST DEFENSE	SUPPORTS IMMUNE FUNCTION WITH ECHINACEA & 1,000MG VITAMIN C + 8MG ZINC	\$3.00
8. IMMUNITY ESSENTIALS	EPICOR (MULTIVITAMIN FOR YOUR IMMUNE SYSTEM), VITAMINS C & D & ZINC	\$3.00
9. NITWORKS	SUPPORTS HEALTHY BLOOD PRESSURE, HEART, BRAIN & VASCULAR FUNCTION	\$3.25
10. BEVERAGE MIX (WILD BERRY OR PEACH MANGO)	15G WHEY PROTEIN	\$3.50
11. ENHANCED PROTEIN POWDER	12G WHEY PROTEIN + AMINO ACIDS TO REDUCE MUSCLE SORENESS	\$2.50
12. FIBER (UNFLAVORED, TROPICAL OR APPLE)	PROMOTES REGULARITY & MINIMIZES BLOATING	\$3.00
13. VEGAN GREENS	ORGANIC BLEND OF FRUITS, VEGETABLES & SUPERFOODS	\$4.00
14. VEGAN IMMUNITY	DAILY IMMUNE SUPPORT, ANTIOXIDANTS + VITAMINS C & D	\$3.00
15. CREATINE	5G CREATINE MONOHYDRATE, INCREASES MUSCLE MASS WHEN COMBINED WITH STRENGTH EXERCISE	\$1.50
16. PREWORKOUT (TROPICAL MANGO OR WATERMELON)	SUPPORTS HEALTHY BLOOD FLOW, FOCUS, PERFORMANCE & MUSCLE STRENGTH	\$4.25
17. PROLESSA	BELLY FAT REDUCER & APPETITE SUPPRESSANT	\$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