

The BEEHIVE HEALTH & Wellness

LOCATED:

111th North
Market
Street
Knoxville
Illinois Suite
F

WHAT WE OFFER:

Healthy Shakes
Energy Teas
Protein Lattes
Pre/Post workout
Good vibes



@thebeehive
healthandwellness



HEALTHY SHAKES

SOY
PROTEIN

● 250 CALORIES OR LESS, 24-30G PROTEIN, ● 24 VITAMINS AND MINERALS ● FULL MEAL REPLACEMENT ● SAME AMOUNT OF SUGAR IN A BANANA ☆ ALL THE NUTRIENTS YOUR BODY NEEDS FOR THE DAY! ☆

24OZ - \$8 (145 CAL/16.5 G PROTEIN/ 9G FRUIT SUGAR/3.5G FAT/CARBS 20)
32OZ - \$10 (245 CAL/ 28.5G PROTEIN/13.5G FRUIT SUGAR/4.5G FAT/ CARBS 25)

CHOCOLATE BASE

ANDES MINT

BROWNIE BATTER

CARAMEL
BROWNIE

RED VELVET
OREO

CHUNKY MONKEY

S'MORES

VANILLA BASE

BANANA BERRY

BANANA SPLIT

ORANGE DREAMICLE

STRAWBERRY
CHEESECAKE

TROICAL BANANA
SPLIT

COOKIE DOUGH

CINNAMON TOAST
CRUNCH

BIRTHDAY CAKE

DRUMSTICK

SALTED CARAMEL
CHEESECAKE

BANANA BREAD

BANANA FOSTER

PEANUT BUTTER BASE

MONSTER COOKIE

NUTTER BUTTER

ELVIS

REESES PB CUP

ADD ONS:

EXTRA PROTEIN - \$3
PROBIOIC - \$3

COLLAGEN: \$3
SKINNY SHOT - \$5

COMBO #1: 24OZ SHAKE & TEA - \$16

COMBO #2: 32OZ SHAKE & TEA - \$22



PROTEIN LATTES/COFFEES

WHEY
PROTEIN

✪ THE PERFECT BLEND OF COFFEE & PROTEIN ✪

● REGULAR- 15G PROTEIN & 100 CALORIES

● MEGA - 30 G PROTEIN & 200 CALORIES

☆ MAKE IT SKINNY ADD A FAT REDUCTION SHOT TO IT TO CURB HUNGER AND REDUCE FAT! ☆

24OZ(\$8) 32OZ (\$10)

OUR FAVORITES

CARAMEL DELIGHT
(CARAMEL AND VANILLA)

CINNAMON ROLL

FRENCH VANILLA

MOCHA
SUGAR COOKIE

WHITE CHOC
MOCHA

MAKE YOUR OWN:

CHOOSE YOUR SUGAR FREE FLAVORS:

CHOCOLATE
CARAMEL

WHITE CHOCOLATE
COOKIE DOUGH
MARSHMALLOW
CINNAMON ROLL

IRISH CREAM
HAZELNUT

BUTTERSCOTCH
VANILLA
PUMPKIN
PEPPERMINT

CHOOSE YOUR

BASE:

MOCHA
HOUSE BLEND

SKINNY SHOTS

● DUAL HUNGER CONTROL

● TARGETS BELLY FAT THAT'S ALREADY ON YOUR BODY!

● MAKES YOU FEEL FULLER FOR LONGER!

● ADD TO YOUR SHAKE, OR COFFEE OR DRINK IT AS A
SHOT!

SKINNY FRAPPES

HEALTHY ALTERNATIVES TO YOUR CLASSIC FRAPPE WITH A SKINNY SHOT AND
FULL MEAL REPLACEMENT WITH Poured over ice and our coffee!!!

31 g protein, 120mg caffeine, 11g sugar, less
than 250 calories)

CREME BRULEE DONUT

WHERE COFFEE MEETS CARAMEL AND VANILLA

CINNAMON
SUGAR DONUT
TASTES LIKE A CINNAMON ROLL

TURTLE MOCHA

WHERE CHOCOLATE MEETS CARAMEL, AND COOKIE DOUGH!

WHITE CHOCOLATE ICING

WHITE CHOCOLATE AND VANILLA WITH A BLEND OF
COFFEE

ONLY MADE IN 32OZ \$14

STARS ARE BY OUR
MOST POPULAR
ITEMS!!!

SPECIAL-TEAS



● CLEAN CAFFIENE, BOOST METABOLISM, NO SUGAR, & HELPS WITH MENTAL CLARITY & ALERTNESS, BRAIN FOCUS REVITALIZES YOU, SOOTHES DIGESTION! ● COLLAGEN FOR HAIR, SKIN, AND NAILS, 15G PROTEIN, PROBIOTIC FOR GUT HEALTH

● MEGA 245MG CAFFIENE

32OZ ONLY \$14

BEAUTY BOMB

PROTEIN & COLLAGEN

★ BIKINI BABE

(PEACH MANGO, WHITE GRAPE,
PINK STARBURST, PEACH,
TROPICAL LIFTOFF)

★ PRETTY IN PINK

(RASPBERRY, COTTON CANDY,
OM LIFTOFF, WILDBERRY, WHIP)

★ PURPLE HAZE

(WILDBERRY, PINK STARBURST,
GRAPE, STRAWBERRY,
BLACKBERRY LIFTOFF)



BEAU-TEAS

COLLAGEN ONLY!!!

★ LOVERS LANE

(LEMONADE, PINK
STARBURST, PEACH, FRUIT
PUNCH, POMEGRANATE
LIFTOFF)

★ FIGHT LIKE A GIRL

(STRAWBERRY,
WATERMELON,
POMEGRANATE LIFTOFF)



IMMUNI-TEAS



IMMUNE SUPPOT, ZINC AND
VITAMINS C AND HYDRATION

★ SPRING FEVER

(STRAWBERRY, ORANGE,
PINK STARBURST,
TROPICAL LIFTOFF)

★ FRUITY TUTTI

(POMEGRANATE
LIFTOFF, STRAWBERRY,
CHERRY, ORANGE,
WATERMEON)

PRO-TEAS

PROTEIN ONLY

★ ROSE' ALL DAY

(LIME LIFTOFF,
WILDBERRY,
STRAWBERRY,
LEMONBERRY,
RAINBOW)

★ STRAWBERRY BLONDE

(ORANGE
LIFTOFF, WILDBERRY,
PINA COLADA,
STRAWBERRY, CHERRY)

REFRESHERS

● PACKED WITH ELECTROLYTES ● CAFFIENE FREE,
● HELPS WITH SOOTHING DIGESTIVE SYSTEM!! ● NO ASPARTAME ● PERFECT FOR KIDDOS

24OZ (\$5) 32OZ (\$6)

★ ADVENTURE

(STRAWBERRY, WATERMELON, PINK STARBURST)

★ BARBIE

(PINK STARBURST, RAINBOW)

★ BINGO

(ORANGE, AND LEMONADE)

★ BLUEY

(BLUE BLAST, AND BLUE RASPBERRY)

★ GUMMY BEAR

(WATERMELON, STRAWBERRY)

★ BLUE REFRESHER

(BLUE RASPBERRY, PINA COLADA, PINK STARBURST)

★ BOMB POP

(RAINBOW, CHERRY, BLUE RASPBERRY)

★ COCONUT ISLAND

(PINA COLADA, PINEAPPLE, COCONUT)

★ HULK

(GRAPE, GREENBERRY, LIME)

★ IRON MAN

(RAINBOW AND LEMONADE)

★ BLUE RAZ LEMONADE

(BLUE RASPBERRY AND
LEMONADE)

★ DROP IN THE OCEAN

(BLUE BLAST, BLUE
RASPBERRY, AND PINK
STARBURST)

★ NEMO

(PEACH AND LEMONADE)



24OZ (\$8)
32 OZ (\$12)

BOOSTED ENERGY TEAS

● CLEAN CAFFIENE, BOOST METABOLISM, NO SUGAR, & HELPS WITH MENTAL CLARITY & ALERTNESS, BRAIN FOCUS REVITALIZES YOU, SOOTHES DIGESTION!

● HALF CAFF - 75MG CAFFIENE ● REGULAR - 160MG CAFFIENE ● MEGA 245MG CAFFIENE



GREEN HIGHLIGHT IS SOUR
PINK HIGHLIGHT IS SWEET
BLUE IS NEUTRAL/
REFRESHING!

POMEGRANATE LIFTOFF

BOMB POP

(CHERRY, BLUE RASPBERRY, RAINBOW)

BOB MARLEY

(STRAWBERRY, ORANGE, LIME)

CAPTAIN AMERICA

BLUE BLAST

SHARK WEEK

(BLUE BLAST, BLUE RASPBERRY, LEMONADE)

NORTHERN LIGHTS

(RAINBOW CANDY, BLUE RASPBERRY,

ORANGE)

PIXIE STICK

(BLACKBERRY, RASPBERRY, PINK
STARBURST)

PINK PANTHER

(STRAWBERRY, RAINBOW CANDY)

COTTON CANDY

(PINK STARBURST, STRAWBERRY, COTTON
CANDY AND BLUE RASPBERRY)

BLACKBERRY LIFTOFF

HOLLY JOLLY

(BLACKBERRY, PINK STARBURST)

LEMON BOMB

(WATERMELON, RASPBERRY, LEMON
BERRY)

CHESHIRE CAT

(BLUEBERRY AND PINK STARBURST)

ORANGE LIFTOFF

SUMMER BERRY

(PEACH, STRAWBERRY)

PEACH ON THE BEACH

(PINEAPPLE, AND PEACH)

PEACH RING

(PEACH, ORANGE LIFTOFF)

PINA COLADA

(PINA COLADA, PINEAPPLE, COCONUT)

STRAWBERRY SUNNY D

(ORANGE, PINEAPPLE, STRAWBERRY)

ORANGE SLICE

(MELON, PASSIONFRUIT, PINK STARBURST)

TROPICAL LIFTOFF

FRUIT ROLL UP

(FRUIT PUNCH)

BAHAMA MAMA

(PEACH, COCONUT, PINEAPPLE,
WATERMELON)

MAMBA

(STRAWBERRY, PEACH, PINA
COLADA)

SHARKNADO

(STRAWBERRY, WATERMELON,
BLUE BLAST, PINEAPPLE)

LIME LIFTOFF

AMERETTO STONE SWEET

(CHERRY, AMERETTO, LIME,
LEMON, ORANGE)

BUTTERFLY

(GRAPE, STRAWBERRY, BLUE
RASP)

BIKINI BOTTOM

(BLUE BLAST AND PINEAPPLE)

STARFISH

(BLUE RASPBERRY, POLAR
BLAST, BLUE BLAST, PINK
STARBURST)

GUSHERS

(BLUE RASPBERRY, AND
GREEN BERRY)

SHARK BAIT

(POLAR BLAST, BLUE BLAST,
STRAWBERRY)

SOUR GUMMY WORM

(ORANGE, WATERMELON,
BLUE BLAST)

LIZARD LIPS

(GREENBERRY, POLAR BLAST,
PINEAPPLE)

HEARTBREAKER

(PINK STARBURST,
WATERMELON,
STRAWBERRY)

BLUE WAVE

(BLUE BLAST, POLAR BLAST,
BLUE RASPBERRY)

HARLEY QUINN

(BLUE RAZ, RASPBERRY,
LEMONADE)

LEMONADES

(PICK FLAVOR)



SMOOTHIE BOWLS

Our acai bowls are packed with goodness!
Please give 7-15 mins when ordering these take
time to prep!

Made from our full healthy meal + fruit 19.5g
protein!



CHOCOLATE PB BANANA

(CHOCOLATE, BANANAS,
AND PEANUT BUTTER)
● 280 CAL ●

SUPER ACAI

(ACAI, STRAWBERRY,
MIXED BERRY,
VANILLA)
● 280 CAL ●

TROPICAL SUNRISE
(TROPICAL MIX FRUIT, PEACH,
STRAWBERRY VANILLA)
● 275 CAL ●

**32OZ
OR
16OZ**

EACH BOWL IS FILLED WITH
VITAMINS, FRUIT, ACAI, AND
LOVE !

☆ MACROS DON'T INCLUDE
TOPPINGS OR DRIZZLE ☆

THE BEEHIVE

July Menu

BOOSTED TEAS

B12 VITAMINS, 0 SUGAR, LESS THAN 25 CALORIES, CLEAN ENERGY WITHOUT THE CRASH, 160MG-245MG CAFFIENE, NO JITTERS, HELPS WITH MENTAL CLARITY AND ALERTNESS, HELPS WITH FOCUS)
ONLY SERVED IN 24OZ OR 32OZ

MAUI WOWI



(BLUE RASPBERRY, GREEN BERRY, LEMONADE, LIME LIFTOFF)

MIAMI VICE



(STRAWBERRY, PINEAPPLE, PINA COLADA, TROPICAL LIFTOFF)

TO THE LAKE



(BLUE BLAST, GREENBERRY, LEMON, LIME, LIME LIFTOFF)

SUMMER VACATION



(WATERMELON, PINK STARBURST, POLAR BLAST, LIME LIFTOFF)

LIBER-TEA



(STRAWBERRY, PINA COLADA, BLUE RASPBERRY, LIME LIFTOFF)

SUMMER SUNSET



(GRAPE, PINK STARBURST, POMEGRANATE LIFTOFF)

SPECIALTY / PROTEIN TEAS

(THE SAME AS BOOSTED TEA BUT WITH ADD ON LIKE OUR COLLAGEN (HAIR, SKIN AND NAIL GROWTH, HELPS WITH FINE LINES AND WRINKLES) PROBIOIC (HELPS WITH GUT HEALTH) 15G PROTEIN. **ONLY SERVED IN 32OZ**

DESERT PEACH



(PEACH, MANGO, BLUE BLAST, 15G PROTEIN, TROPICAL LIFTOFF)

POOLSIDE PUNCH



(COLLAGEN, RAINBOW CANDY, LEMON BERRY, POMEGRANATE LIFTOFF *ELECTROLYTES*)

THE BEEHIVE

July Menu

MEAL SHAKES

(FULL MEAL REPLACEMENT, 17- 24G PROTEIN, SAME AMOUNT OF SUGAR AS A BANANA, 21 ESSENTIAL VITAMINS. AND MINERALS , PACKED WITH ALL THE MICRO ABD MACRO NUTRIENTS YOUR BODY NEEDS!)

BANANA MOON PIE



Banana, Vanilla, Marshmallow

BUTTERSCOTCH BROWNIE



Chocolate, Butterscotch, caramel, oreo

STAR SPANGLED COOKIE



French Vanilla, and sprinkles

PB DIPPED OREO



(Cookies & cream, peanut butter, vanilla

PROTEIN COFFEE

(15-30G PROTEIN, LESS THAN 100 CAL, LESS THAN 2G SUGAR)

TWIX



Chocolate, Caramel ,House blend

SKINNY SHOT

(FAT REDUCER SHOT, TARGETS BELLY FAT, MAKES YOU FEEL FULLER FOR LONGER! ADD TO YOUR COFFEE OR SHAKE OR DRINK IT ALONE)

SPARKLER

Prolessa and vanilla



THE BEEHIVE

4th of July SPECIALS



FIREWORK BOOSTED TEA



(Blue blast, Strawberry,
pineapple, lime liftoff!

STARS & STRIPES SHAKE



Vanilla + limeade + blue blast +
cherry

AMERICANA BEAU-TEA



(Watermelon, pink starburst,
collagen, blue blast)

RED, WHITE, AND BOJEE COFFEE



White choc + House +
strawberry

JULY 1ST- 10TH ONLY!!

