

COMBOS

THE WORKS \$8

Aloe + Tea & Naked Shake

RISE N SHINE COMBO \$11

Iced Coffee & Waffle

FUELED COMBO \$13

Energy Tea Bomb + Wow Shake

NAKED SHAKES \$5

145 cal / 10 net carbs
4.5g fat / 5g fiber / 5g sugar
21 vitamins & minerals
24 g plant based protein

Chocolate

Vanilla

Cookies N Cream

Café Latté

Orange Cream

Mint Chocolate

Wild Berry

Piña Colada

Banana Caramel

Dulce de Leche

TEA + ALOE FLAVORS \$4

*Aloe: Smoothes Digestive System
Tea: Energizes, Boosts Metabolism*

5 cal / SUGAR-FREE // HOT or ICED

Peach Cranberry

Peach Mandarin

Peach Mango

Raspberry Cranberry

Raspberry Mandarin

Raspberry Mango

Lemon Cranberry

Lemon Mandarin

Lemon Mango

Cinnamon Cranberry

Chai Cranberry

Chai Mandarin

TUMMY TUCK TEA \$5

Supports Healty Digestion

Cinnamon Tea,
Mango Aloe & Apple Fiber

PROTEIN COFFEE

ICED COFFEE \$5

HOUSE BLEND | CARAMEL | MOCHA

100 cal/15g protein/2g sugar

FRAPPUCCINOS \$8

CARAMEL | S'MORES | MOCHA

215-230cal/30g protein/4g sugar

the
mojito

SUGARLESS
CAFFEINE-FREE
0 CALORIES

Need to unwind? The Mojito is made with a soothing herbal blends of lemon balm, passionflower, lavender and chamomle *supports relaxation and helps calm body and mind \$5



**SEYMOUR
HEALTHY
ZONE**

250-300 cal
24G protein
21 vitamins & minerals

SHAKES \$7

15-24G carbs
10-20G sugar
meal replacement

Banana Cream Pie
Lemon Pound Cake
Blueberry Muffin
Peanut Butter Pie
Strawberry Shortcake
Butter Pecan
Coconut Cream Pie
Pineapple Upside Down Cake
Peanut Butter Cookie
Cinnamon Toast Crunch
Banana Foster
Buckeye
Turtle Cheesecake

Chocolate Almond
Chocolate Covered Banana
Brownie Batter
Snickerz
German Chocolate Cake
Thin Mint
Mint Cookie
Wedding Cake
Cookie Monster
S'moreo
Cinnamon Roll
Oatmeal Raisin
Frosted Animal Cookie

White Chocolate PB Cup
Samoa Cookie
Caramel Latté
Mint Latté
Mocha
Strawberry Frapp
Mixed Berry
Strawberry Banana
Tropical Fruit
Aloha Delight
Coconut Crush
Orange Dreamsicle
Miami Mango

Lose the crash,
gain the energy!

energy 24OZ **TEA BOMBS**

Loaded with Vitamin C,
B12s, Biotin & more!

less than 25 calories / **SUGAR-FREE** \$7

SUNRISE // MARGARITA // POM PUNCH

ORANGE BERRY QUENCH // STRAWBERRY LIMEADE

SANGRIA // JUST PEACHY // TROPIC LIKE IT'S HOT

Aloe Refreshers \$4

0 cal / SUGAR-FREE / 0 caffeine

KID FRIENDLY

Mango Tango

Berry Blast

Ocean Breeze

32OZ *energy* \$9 **LOADED TEAS**

ACAI BERRY
A SPORTS DRINK
THAT ENHANCES
HYDRATION
WITH 320MG OF
ELECTROLYTES

HOT MAMA
CONSISTS OF
COLLAGEN, ZINC
BIOTIN AND
SUPPORTS HAIR,
SKIN AND NAILS

SEYMOUR
HEALTHY
ZONE

PROTEIN PACKED WAFFLES \$7

* = gf friendly
SF = sugar free

VANILLA*

vanilla waffles topped w/ strawberry, banana & blueberries, SF whipped cream, SF chocolate drizzle and SF syrup

COOKIE MONSTER

cookies n cream waffles topped w/ cookie crumbles, chocolate chips, SF whipped cream, SF chocolate drizzle and SF syrup

CINNAMON ROLL*

cinnamon waffles topped w/ strawberries, blueberries, pecans, SF whipped cream, dash of cinnamon and SF syrup

BANANA CARAMEL*

banana caramel waffles topped w/ banana, blueberries, butterscotch chips, SF whipped cream, light caramel drizzle, and SF syrup