

Meal Replacement

PROTEIN SHAKES

24 oz

A FULL, HEALTHY MEAL PROVIDING YOUR BODY WITH THE MACRO + MICRO NUTRIENTS THAT IT CRAVES!

OUR SHAKES ARE LOW-GLYCEMIC, BLENDED W/ A WATER BASE & CONTAIN LESS THAN 2% OF DAIRY

BANANA CARAMEL PECAN

BANANA FOSTER

BROWNIE BATTER

BUCKEYE

BUTTER PECAN

CARAMEL LATTE

CHOCOLATE COVERED BANANA

CINNAMON ROLL

CINNAMON TOAST CRUNCH

CONFETTI SUGAR COOKIE

FROSTED ANIMAL COOKIE

HAZELNUT LATTE

MINT OREO

ORANGE CREAMSICLE

OREO

PEANUT BUTTER COOKIE

PEANUT BUTTER PIE

SAMOA COOKIE

S'MORES

THIN MINT

TURTLE CHEESECAKE

WHITE CHOCOLATE REESE

24 oz fruit mix in's

GREEN DETOX

ALOHA DELIGHT

LEMON BLUEBERRY

MIAMI MANGO

COCONUT CRUSH

STRAWBERRY BANANA

STRAWBERRY SHORTCAKE

TROPICAL FRUIT



ASK ABOUT OUR VEGAN PLANT PROTEIN!

FOLLOW US FOR SEASONAL FLAVORS & ADDED ITEMS!



@SEYMOURHEALTHYZONE

Fruit

SMOOTHIES

16 oz

ALL NATURAL, RAW INGREDIENTS. NO ADDED SUGARS & NO SYRUPS

BLUE FUEL

blueberry, banana, mango, agave, almond milk

MANGO MADNESS

mango, pineapple, banana, hemp seeds, almond milk, coconut water

FUNKY MONKEY

peanut butter, cacao powder, dates, agave, cold brew, almond milk

TROPICAL GREEN

spinach, kale, pineapple, mango, coconut water, almond milk

SUPERFOOD SMOOTHIE

banana, strawberry, mango, flax seed, spirulina, coconut water

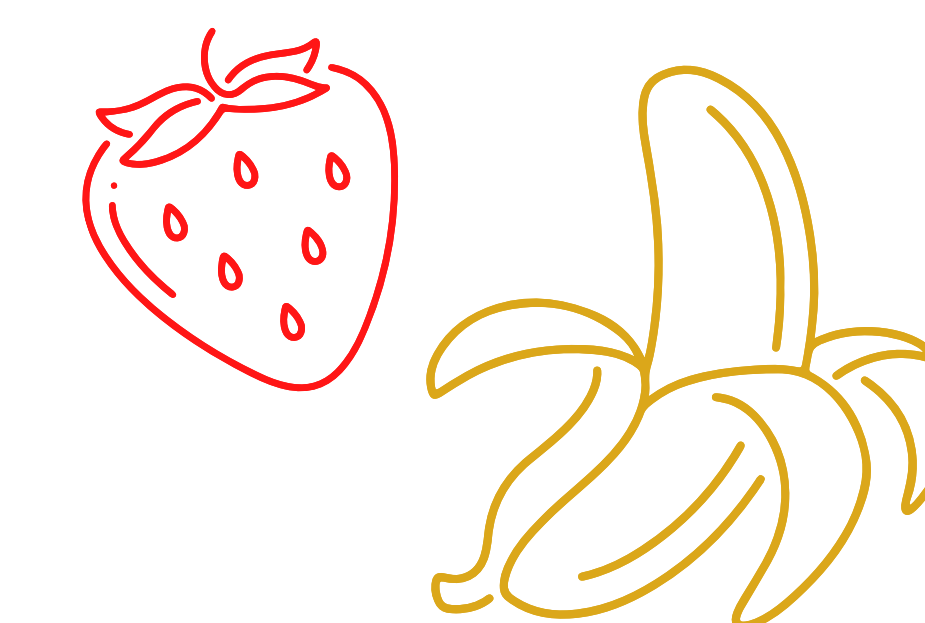
WAKE ME UP

blueberries, strawberries, cashews, banana, cinnamon, rolled oats, almond milk

POWER UP! MAKE IT A SUPER SMOOTHIE & ADD: Vegan Protein, Chia Seeds, Flax Seeds, Spirulina, Hemp Seeds, Nut Butter, Maca + \$1

VANILLA OR CHOCOLATE

CREPES



Filled w/ fresh strawberries & bananas, sugar-free syrup, sf whipped cream & sugar-free caramel drizzle

Add 2 toppings for an extra \$1

Pecans, Almonds, Cookie Crumbles, Nutella, Sprinkles, Butterscotch Chips, Chocolate Chips, SF Chocolate Drizzle, Extra SF Syrup

188 CALORIES / 21g PROTEIN / 5g CARBS / 1g SUGAR / 8.3g FAT (nutrition facts excludes fruit)

energy
TEA BOMBS
aloe + herbal tea + liftoff

160mg caffeine / 25 calories / sweetened with stevia

BEACH BUM

tropical/peach/watermelon

JUST PEACHY

tropical/peach

CANCUN DREAMIN'

lime/pineapple/coconut/blue raspberry

MALIBU BARBIE

pomegranate/coconut/rainbow candy

CAPTAIN AMERICA

pomegranate/blue raspberry/cherry

MARGARITA

pick a flavor: lime, mango, strawberry

COOL CUCUMBER

lemon/mango/cucumber

NURSE POWER

orange/peach/strawberry/watermelon

CORAL REEF

orange/peach/cucumber/watermelon

POSITIVI-TEA

raspberry/coconut/pink lemonade

COSMIC

orange/peach/blue raspberry

SANGRIA

tropical/lemon/grape

GO GETTER

lemon/piña colada/blue raspberry

SHZ PUNCH

lime/watermelon/strawberry

HAWAIIAN DREAM

orange/pineapple/lemon/strawberry

SUNRISE

orange/pineapple/cherry

HIPPIE JUICE

pomegranate/green apple/watermelon

TROPIC LIKE IT'S HOT

tropical/orange/pineapple/blue raspberry

✨ **BEAU-TEA'S** ✨

collagen infused supports hair, skin & nails

160mg caffeine / sweetened with stevia

HOT MAMA

strawberry/pink lemonade

TROPICAL MELON

strawberry/lemon/melon

BEAU-TEA

orange/peach/banana/strawberry

PINK FLAMINGO

orange/pink lemonade/kiwi

BOSS BABE

pink lemonade/grape/blue raspberry

BLOSSOM

tropical/peach/strawberry

SPA DAY

cucumber/lime/mint

MOANA

pomegranate/coconut/pineapple

caffeine free

GLOW UP 32oz | \$9.50

contains 17g protein
collagen + aloe

65 cal | 4g carbs | SUGAR FREE

-wild berry
-peach mango

ELECTRIC BEAUTY

lemonade, strawberry, blue raspberry

Add-ons

POPPING PEARLS (BOBA) +\$1.00

EXTRA 40 MG CAFFEINE
N-R-G (Nature's Raw Guarana) +\$1.50

HYDRATION

160mg caffeine

rapid hydration, immediate energy & antioxidants

32oz **IMMUNI-TEA** \$10.50

includes aloe, herbal tea, electrolytes,
antioxidants, best defense, probiotics,
epicore, zinc, high on vitamin c & d

HAKUNA MATATA

tropical/orange/lemon/pineapple

RISE N SHINE

peach/orange/watermelon

MAIN SQUEEZE

pina colada/orange/lemon/strawberry

COLD BREW COFFEE

A TRADITIONAL COLD BREW – SMOOTH, RICH, AND HINTS OF COCOA – STEEPED FOR 18+ HOURS

16oz **VANILLA SWEET CREAM COLD BREW**
(DAIRY FREE | MADE WITH PLANT BASED CREAM)

16oz **CARAMEL SWEET CREAM COLD BREW**
(MADE WITH PLANT BASED CREAM)

specialty cold brew

MADE WITH PLANT BASED CREAM

WHITE CHOCOLATE MOCHA

WHIPPED CREAM TOPPING

NUTELLA

WHIPPED CREAM TOPPING

VANILLA ALMOND HONEY

sugar free options

MADE WITH HEAVY WHIPPING CREAM

CLASSIC VANILLA

CARAMEL DELIGHT

CINNAMON VANILLA

PROTEIN COFFEE

A PICK-ME-UP MADE WITH A BLEND OF REAL COFFEE AND WHEY PROTEIN

hot or iced

HOUSE BLEND

CARAMEL

HAZELNUT

MOCHA

VANILLA

WHITE CHOCOLATE MOCHA

*125 cal / 18g protein / 3g fat
3.5g carbs / 2g sugar
100mg caffeine*



blended

CARAMEL

MOCHA

S'MORES

*215-230cal / 30g protein / 6g fat
8g carbs / 5g sugar
80mg caffeine*

→ ADD COLD BREW FOR AN EXTRA CAFFEINE KICK + \$1

SUPERFOOD DRINKS

16oz **MATCHA TEA** (ICED OR HOT | UNSWEETENED)
CEREMONIAL GRADE MATCHA + WATER

16oz **MATCHA TEA LATTE** (ICED OR HOT)
ALMOND OR COCONUT MILK + ORGANIC AGAVE

16oz **GOLDEN MILK LATTE (ICED)**
TUMERIC, BLACK PEPPER + ORGANIC AGAVE
ALMOND OR COCONUT MILK

16oz **DETOX CHARCOAL LEMONADE (BOTTLED)**
ACTIVATED CHARCOAL, LEMON, ORGANIC AGAVE