



# PROTEIN SHAKES

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

*low glycemic | 250-300 calories | essential vitamins + minerals*

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| <b>BANANA CARAMEL PECAN</b>     | <b>MINT OREO</b>                  |
| <b>BANANA FOSTER</b>            | <b>OATMEAL RAISIN COOKIE</b>      |
| <b>BANANA NUT MUFFIN</b>        | <b>ORANGE CREAMSICLE</b>          |
| <b>BROWNIE BATTER</b>           | <b>OREO</b>                       |
| <b>BUCKEYE</b>                  | <b>PEANUT BUTTER COOKIE</b>       |
| <b>BUTTER PECAN</b>             | <b>PEANUT BUTTER PIE</b>          |
| <b>CARAMEL LATTE</b>            | <b>PECAN PIE</b>                  |
| <b>CHOCOLATE COVERED BANANA</b> | <b>PEPPERMINT MOCHA</b>           |
| <b>CHRISTMAS SUGAR COOKIE</b>   | <b>PUMPKIN CARAMEL CHEESECAKE</b> |
| <b>CINNAMON ROLL</b>            | <b>PUMPKIN CHOCOLATE CHIP</b>     |
| <b>CINNAMON TOAST CRUNCH</b>    | <b>PUMPKIN PIE</b>                |
| <b>EGG NOG</b>                  | <b>PUMPKIN PRALINE</b>            |
| <b>ELEPHANT EAR</b>             | <b>SAMOA COOKIE</b>               |
| <b>FROSTED ANIMAL COOKIE</b>    | <b>S'MORES</b>                    |
| <b>FUNNEL CAKE</b>              | <b>THIN MINT</b>                  |
| <b>GINGERBREAD MAN</b>          | <b>TURTLE CHEESECAKE</b>          |
| <b>HAZELNUT LATTE</b>           | <b>WHITE CHOCOLATE PEPPERMINT</b> |
| <b>HOT CHOCOLATE</b>            | <b>WHITE CHOCOLATE REESE</b>      |

- MEAN GREEN**
- ALOHA DELIGHT**
- LEMON BLUEBERRY**
- MIAMI MANGO**
- BLUEBERRY MUFFIN**

- COCONUT CRUSH**
- STRAWBERRY BANANA**
- STRAWBERRY SHORTCAKE**
- TROPICAL FRUIT**
- STRAWBERRY CHIA**

250-300 cal | 24g protein | 3g fiber | 9-18g sugar | 15g net carbs | 4.5g fat



### BLUE FUEL

blueberry, banana, mango, agave, vegan protein

### MANGO MADNESS

mango, pineapple, banana, hemp seeds, vegan protein

### FUNKY MONKEY

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

# HEALTHY KIDS

**NUTRIENT AND VITAMIN RICH DRINKS THAT WILL SATISFY THEIR SWEET TOOTH!**

## SHAKES

vanilla brownie cookie monster

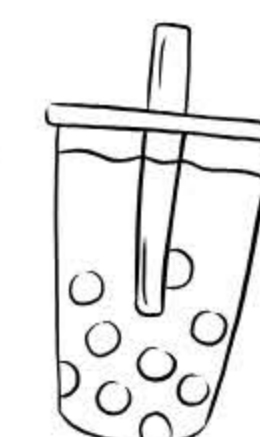
strawberry banana mint chocolate orange popsicle

## HYDRATING REFRESHERS

gummy worm lightening bug super hero lil frankenstein

monkey juice magical potion snow cone peach twist

ADD BOBA (FRUIT JUICE BALLS) \$1/SCOOP



# PROTEIN COFFEE

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

## ICED COFFEE

24OZ | 32OZ  
(24oz can be made hot)

- HOUSE BLEND
- CARAMEL
- HAZELNUT
- VANILLA
- WHITE CHOCOLATE
- PUMPKIN CARAMEL
- PUMPKIN SPICE

- MOCHA
- WHITE CHOCOLATE MOCHA
- WHITE CHOCOLATE PEPPERMINT
- PEPPERMINT MOCHA
- SALTED CARAMEL
- CINNAMON VANILLA
- S'MORES

24oz macros: 125 cal | 18g protein | 3.5g carbs | 2g sugar | 3g fat | 100mg caffeine

**MAKE IT A FRAPPUCCINO!** 24 OZ



**CHOOSE ANY FLAVOR! TOPPED WITH WHIPPED CREAM**

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

*energy*  
**TEA BOMBS**

**ALOE + HERBAL TEA + LIFTOFF**

24 oz  
32 oz

160mg caffeine / 25 calories / 4g carbs / sweetened with stevia

**AUTUMN SANGRIA**  
tropical/cinnamon/grape

**FROSTED BERRY**  
pomegranate/cranberry/white grape

**CANCUN DREAMIN'**  
lime/pineapple/coconut/blue raspberry

**NURSE POWER**  
orange/peach/strawberry/watermelon

**CAPTAIN AMERICA**  
pomegranate/blue raspberry/cherry

**OH MY GOURD!**  
tropical/prickly pear/passionfruit

**CARAMEL APPLE POP**  
caramel/green apple

**POSITIVI-TEA**  
raspberry/coconut/pink lemonade

**CRANBERRY MALIBU**  
cranberry/pineapple/coconut

**S.P.Z. PUNCH**  
pomegranate/rainbow candy/piña colada

**GO GETTER**  
lemon/piña colada/blue raspberry

**SUNRISE**  
orange/pineapple/cherry

**GRA-TEA-TUDE**  
melon/strawberry/blueberry

**SWEATER WEATHER**  
pomegranate/cinnamon/grape/cherry

**HAWAIIAN DREAM**  
orange/pineapple/lemon/strawberry

**THE GOBBLER**  
pomegranate/cherry/passionfruit

**HIPPIE JUICE**  
pomegranate/green apple/watermelon

**WINTER BREEZE**  
orange/lavender/lemon/raspberry

*Add-ons*

BOBA (FRUIT JUICE) +\$1.00

EXTRA 40 MG CAFFEINE +\$1.50  
(NATURE'S RAW GUARANA)

COLLAGEN +\$2.75  
(PINK LEMONADE)

✨ **BEAU-TEA'S** ✨

32 oz

**COLLAGEN INFUSED SUPPORTS HAIR, SKIN & NAILS**

70 calories / 6g carbs / sweetened with stevia / 160mg caffeine

**HOT MAMA**  
strawberry/lemon/pink lemonade

**PINK FLAMINGO**  
lime/strawberry/kiwi

**BOSS BABE**  
pink lemonade/grape/blue raspberry

**MOANA**  
pomegranate/coconut/pineapple

**FULL MOON**  
lemon/strawberry/kiwi/grape

**SUPERMOM \$12**  
pomegranate/peach/watermelon + protein

**VERY CHERRY**  
lemon/pink lemonade/cherry limeade

**GOAL CRUSHIN' \$12**  
peach/coconut/passionfruit + protein

**CRANBERRY CRUSH**  
pomegranate/cranberry/coconut

**TROPICAL FALL**  
tropical/peach/watermelon/grape

**HYDRATION**

32oz

**RAPID HYDRATION, IMMEDIATE ENERGY & ANTIOXIDANTS**

60 calories / 10g carbs / 6g sugar / 160mg caffeine

32oz **IMMUNI-TEA**

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

75 calories / 13g carbs / 7g sugar / low caffeine

**CUCUMBER QUENCH**  
lime/orange/pineapple/cucumber

**HAKUNA MATATA**  
tropical/orange/lemon/pineapple

**HARVEST PUNCH**  
orange/chai/pomegranate/tropical

**MAIN SQUEEZE**  
pina colada/orange/lemon/strawberry