



# Pick Your Meal

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**All meal combos include a tea & aloe that boosts your metabolisms, aids digestion, burns 90 calories & is targeted to your needs & a meal replacement or post workout shake**

## Healthy Meal Combo \$9

Boosts your metabolisms, aids digestion & burns 90 calories

- Choose your Tea Flavor
  - Choose your Aloe to pair with Tea
    - Choose your Shake

## Energizing Meal Combo \$11

Provides a sustainable boost of energy in your tea & aloe. Unique blend of B supports brain function, accelerates memory recall & helps reduce the feeling of mental fatigue

- Choose a Clean or Loaded Energy
  - Choose your Shake

## Sports Meal Combo \$12

NSF Certified Tri-core protein, branched-chain amino acid blend, L-glutamine, iron support the growth & repair of your muscles for after workout recovery.

- Choose a Clean or Loaded Energy
  - Choose your Fitness Shake

## Beauty Meal Combo \$12

Verisol® collagen supports skin elasticity & reduces fine wrinkles & cellulite. Biotin, Vitamins A, C & E prevents aging skin & promotes strong nails & healthy hair.

- Strawberry Lemon Green Tea & Aloe
  - Choose your Shake

## Immunity Meal Combo \$13

Immunity Booster Green Tea w/ Epicor, Echinacea & Zinc strengthens, supports & boosts body's immune function & supports mucosal defense

- Orange Tea & Aloe w/ Immune Boost
  - Choose your Shake

## Detox Meal Combo \$13

Fiber & Probiotics promotes digestive regularity, provides digestive bacterial balance & minimizes bloating

- Apple, Cranberry Green Tea & Aloe (choice of Cinnamon or Chai)
  - Choose your Shake

## Coffees & Lattes \$5

24oz - Under 150 calories - 15g Protein – 2g sugar

- Caramel Mocha Latte
- Peppermint Mocha
- English Toffee
- Salted Caramel Latte
- Hazelnut Latte
- Vanilla Chai Latte
- Gingerbread Mocha Latte
- White Chocolate Mocha



## Tea Flavors

Chai, Cinnamon, Lemon  
Peach, Raspberry, Original

## Aloe Flavors

Cranberry, Mandarin,  
or Mango

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## 16 oz Clean Energy Drinks \$6

16oz - 25 calories, <1g Sugar with Aloe, Green Tea & Liftoff  
Burns 90 calories, Boosts Metabolism, Aids Digestion,  
Contains B Vitamins & Antioxidants

### Hello Sunshine

Mango, Peach, Orange

### Lime-A-Rita

Mandarin, Lemon, Lime

### Pink Passion

Cranberry, Raspberry, Pom

### Sunny D

Mandarin, Lemon, Orange

### Sour Patch Kid

Cranberry, Raspberry, Lime

### Moxie Juice

Mango, Raspberry, Orange

### Firecracker

Cranberry, Cinnamon, Pom

### Ninja Turtle

Mango, Lemon, Lime

### Pomegranate Chai

Cranberry, Chai, Pom

### Orange Chai-Tai

Mango, Chai, Orange

### Mango Tango

Mango, Peach, Tropical

## 24 oz Loaded Energy Drinks \$7

24oz - 25 calories, <1g Sugar with Aloe, Green Tea, Liftoff & Guarana  
Burns 90 calories, Boosts Metabolism, Aids Digestion,  
Contains B Vitamins & Antioxidants

Blue Hawaiian  
Cherry Limeade  
Cool Cucumber Lime  
Cucumber Melon  
Fish Bowl  
Margarita-  
(Reg, Strawberry or Watermelon)  
Mermaid  
Miami Vice  
Tropical Pineapple

Captain America  
Cotton Candy  
Fruit Roll Up  
Gusher  
Jelly Bean  
Jolly Rancher  
Lollipop  
Skittles  
Starburst  
Sweet Tart


### GYM JUICE

Green  
Apple-Lime  
B-Vitamins &  
BCAA's

Orange  
Mango  
B-Vitamins &  
Creatine



# Pick Your Shake \$7

Check-in & Follow Us   <250 Calories, 24 g of Protein, 21 Essential Vitamins & Minerals  
Low sugars & Low carbs

## Breakfast Lovers

- Banana Nut Muffin
- Bunches O Honey
- Blueberry Muffin
- Captain Crunch Berry
- Cherry Almond Oatmeal
- Cinnabon
- Cinnamon Toast Crunch
- French Toast
- Fruity Pebbles
- Honey Bun
- Lemon Poppy Seed

## Coffee Lovers

- Coffee Toffee
- Honey Latte
- Iced Coffee Cake
- Iced Peanut Butter Mocha
- Oreo Cappuccino
- Espresso Brownie
- Tiramisu
- White Chocolate Raspberry Frappe

## Peanut Butter Lovers

- PB Banana
- PB Brownie
- PB Chocolate Chunk
- PB Cookie
- PB Cup
- PB&J
- Fluffernutter
- Nutter Butter

## Fruit Lovers

- Bahama Breeze
- Berry Blast
- Green Goddess
- Island Surprise
- Lemon Berry
- Orange Berry
- Orange Creamsicle
- Pineapple Fusion
- Strawberry Banana

## Dessert Lovers

- Banana Split
- Blondie
- Boston Cream Pie
- Butter Pecan
- Cannoli
- Cheesecake (choice of fruit)
- Coconut Cream Pie
- Cookie Dough
- Dunkaroo
- Frosted Animal Cracker
- Funfetti
- Key Lime Pie
- Mint Chocolate Chip
- Nutella
- Oatmeal Cookie
- Raspberry Lemon Cupcake
- Red Velvet Cake
- Rice Crispy Treat
- Samoa Cookie
- Salted Caramel Cheesecake
- Sugar Cookie
- Twinkie

## Chocolate Lovers

- Almond Joy
- Brownie Batter
- Butterfinger
- Chocolate Banana
- Chocolate Caramel
- Choco Covered Strawberry
- Chocolate Marshmallow
- German Chocolate Cake
- Milky Way
- S'mores
- Snickers
- Thin Mint
- Turtle Cheesecake
- Tootsie Roll
- Twix



# Fitness Shakes & Bowls

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## Post-Workout Shakes

\$8

NSF Certified for Sports

<250 Calories, 30g of Protein, 24g Carbs

Tri-Core protein amino blend supports muscle repair, L – Glutamine - Iron

### Chocolate

- Almond Joy
- Brownie
- ChocoBerry
- Chocolate Orange
- Chocolate Oreo
- Chocolate PB Banana
- Mocha
- Twix
- Thin Mint
- Spiced Cherry Chocolate

### Vanilla

- Banana Strawberry
- Cherry Vanilla
- Cinnamon Roll
- Icy Coffee Cake
- Ice Cream Cake
- Lemon Meringue
- Orange Dreamsicle
- Pina Colada
- Salted Caramel
- Triple Berry

## Smoothie Bowls \$10

### Banana Split Bliss

Banana Split Smoothie w/ Strawberries, Chocolate Chips & Sprinkles

### Blueberry Delight

Blueberry Muffin w/ Granola, Coconut Flakes & Blueberries

### French Toast

French Toast w/ Granola, Coconut Flakes & Strawberries

### Peanut Butter Dream

Peanut Butter Cookie w/ PB Cups & Chocolate Chips

### Chocolate Heaven

Brownie Batter w/ Oreo Cookie Crumbs, Chocolate Chips & Sprinkles

### S'mores Sensation

S'mores w/ Marshmallows,, Chocolate Chips & Graham

### Strawberry Sunshine

Strawberry Banana w/ Granola, Pecans, Oats & Strawberries

### Salted Caramel Pretzel

Salted Caramel w/ Pretzels, Pecans & Chocolate Chips



# Extra's Menu

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## Shots

Energy Jello Shot	\$1
Aloe Shot – Cranberry, Mango, Mandarin	\$1
Strawberry Lemonade Collagen Beauty Booster	\$3
Immune Boost Shot / Probiotic	\$4
Fat Burning Glazed Donut Shot	\$5
Any Fat Burning Shot	\$5
Fat Burning Apple Fritter with Fiber	\$6

## Add in's

Probiotics	\$1
Fiber	\$1
Lift Off	\$3
New Mom	\$2
Protein Punch	\$2

## Snacks

Protein Bites	\$3
Snack Bar	\$3
Achieve Bar	\$6

## Optional Toppings \$0.50

Blueberry	Granola	Reeses Pieces
Pineapple	Marshmallows	Sprinkles
Strawberry	Oats	Swedish Fish
Cheerios	Oreo Crumbs	Caramel Syrup
Chocolate Chips	Pecans	Chocolate Syrup
Coconut Flakes	Pretzels	Raspberry Syrup
Graham		Whipped Cream



# Kids Menu

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Ages 12 & under

## Kids Meal

### Cool Juice

\$3.50

Blue Raspberry Acai

Brain Fueling electrolytes 12 oz

### Kid Crushes 12oz

\$4

- Almond Joy
- Banana Nut
- Brownie Batter
- Butter Pecan
- Chocolate Banana
- Chocolate Marshmallow
- Cinnabon
- Cinnamon Toast Crunch
- Cookie Dough
- Frosted Animal Cookie
- Fruity Pebbles
- Funfetti
- German Chocolate Cake
- Honey Bun
- Island Surprise
- Mint Chocolate Chip
- Oatmeal Cookie
- Orange Creamsicle
- PB&J
- PB Cookie
- Red Velvet
- Rice Krispie Treat
- Strawberry Banana
- Tootsie Roll



# Alternative Menu

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## Gluten Free Shake Options

- Banana Nut Muffin
- Bunches O Honey
- Captain Crunch Berry
- Cinnamon Toast Crunch
- Honey Bun
- Coconut Cream Pie
- PB Banana
- Red Velvet
- Snickers
- Bahama Breeze
- Berry Blast
- Green Goddess
- Island Surprise
- Lemon Berry
- Orange Berry
- Orange Creamsicle
- Salted Caramel Cheesecake
- Strawberry Banana

## Plant Based Shake Options

Pea, Quinoa & Rice Protein (contains honey)

<250 Calories 25g Protein

- Berry Blast
- Blueberry Muffin
- Cinnabon
- Green Goddess
- Honey Latte
- Mixed Berry
- Pineapple Fusion
- Strawberry



# Protein Oatmeal

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## Swap your Shake for Protein Oatmeal

< 300 Calories, 21 g of Protein, 8g fiber, 10g sugar  
21 Essential Vitamins & Minerals

- Apple Crisp w/ extra Fiber
- Banana Bread Oatmeal
- Brown Sugar Cinnamon Oatmeal
- Cherry Almond Oats
- French Toast Oatmeal
- Oatmeal Cookie Oatmeal
- Peanut Butter Banana Oatmeal
- Peanut Butter Cookie Oatmeal
- Pumpkin Spice Oatmeal
- Salted Caramel Oatmeal
- Smore's Oatmeal
- Sugar Cookie Oatmeal