

LOADED TEAS

our iced teas are packed with antioxidants, low on sugar & calories. they help provide B12 for a boost in energy and faster metabolism!

- **berry acai**
a hydrating mixture of blueberry, strawberry and acai
- **cute-cumber**
cucumber and lime mixture that provides extra hydration
- **tropical breeze**
pineapple and mango refresher
- **strawberry sensation**
simply strawberry! sweet and hydrating
- **raspberry lemonade**
sweet and sour mix of lemonade and raspberry
- **michelada**
based on the mexican drink with lime juice and mexican chili candy, tart and sour



COLLAGEN TEAS

an iced drink with bioactive collagen to help promote nail and hair growth and reduce signs of aging

- **gummy bear**
strawberry and mango split drink topped off with gummy bears
- **princess peaches**
as sweet as the princess its named after, a peach and mango drink



FAT BURNER TEAS

similar to our loaded teas but with the added benefit of prolessa to help reduce your calorie intake

- **pink lady**
creamy strawberry flavored drink, a fan favorite
- **horchata**
creamy cinnamon flavored drink based on the popular mexican drink

SPECIAL TEAS

these teas have their own benefits that deserve their own separate category!

- **barbie pre-work out**
with 2g of creatine to help support muscle strength, and 100mg of caffeine to help with focus this is the perfect pre-work out drink
- **peace and love**
our caffeine free drink with hints of lavender and lemon
- **immunity booster**
provides vitamin C and D, zinc and Epicor to help strengthen your defenses



sweet
↑
↓
less sweet

- **red velvet**
- **birthday cake**
- **strawberry cheesecake**
- **banana split**
- **cookies & cream**
- **strawberries & cream**
- **oranges & cream**
- **blueberry**
- **pina colada**
- **lemon parfait**

PROTEIN SHAKES

our delicious protein shakes are a great option for a healthy meal replacement with 24g of protein and 21 vitamins and minerals! and it only has 9g of sugar!



PROTEIN BOWLS

the perfect healthy breakfast for when looking for something refreshing and high in protein!

- **mango & pineapple**
- **acai**



CREPES AND WAFFLES

our protein-based sweets topped with strawberries, blueberries, bananas and with your choice of syrup!

- **waffle**
- **crepes**

SNACKS

don't want a full meal? here are a few options if you want a delicious snack on the healthier side

- **mangonada**

18g of protein and low on sugar, this drink is similar to a slushee with the sweet flavor of fresh mangoes and tartness of tamarin syrup

- **hazelnut iced coffee**

18g of protein and 3g of sugar, this iced coffee seconds as a delicious snack

- **mocha iced coffee**

18g of protein and 3g of sugar, this iced coffee seconds as a delicious snack

- **vanilla iced coffee**

18g of protein and 3g of sugar, this iced coffee seconds as a delicious snack

