

AVAILABLE ONLY IN 32 OZ

## ENERGIZING REFRESHERS

packed with antioxidants, low on sugar & calories. provide B12 for a boost in energy and faster metabolism!

### tropical breeze

pineapple and mango

### raspberry lemonade

lemonade and raspberry

### michelada

lime, orange and tajin



## COLLAGEN REFRESHERS

### gummy bear

strawberry and mango split drink

### princess peaches

peach and mango



## HYDRATING REFRESHERS

### berry acai

blueberry, strawberry and acai

### cute-cumber

cucumber and lime

### strawberry sensation

simply strawberry!



## SPECIALTY REFRESHERS

### immunity booster

orange, lemon and lime, great for under the weather days!

### peace and love

lemon and lavender, caffeine free

### barbie pre-work out

2g of creatine, 100mg of caffeine, subtle watermelon flavor

### berry kiss

raspberry and blackberry, helps reduce calorie intake

### horchata

creamy cinnamon, helps reduce calorie intake

### pink lady

creamy strawberry, helps reduce calorie intake

AVAILABLE ONLY IN 16 OR 24 OZ

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### sour candy

watermelon and candy

### cherry limeade

lime and cherry

### bahama bev

mango and coconut

### paradise punch

strawberry and pineapple



AVAILABLE ONLY IN 16OZ

## HOT TEAS / BUILD YOUR OWN

### TEA

lemon  
chai  
peach  
raspberry  
pomegranate  
cinnamon  
honey ginger  
lavender

### ALOE

mandarin  
mango  
cranberry  
original

### ADD-INS

probiotic  
LO  
immunity  
fibre  
collagen  
prolessa shot  
fat release

AVAILABLE ONLY IN 24 OZ

## PROTEIN SHAKES

24g of protein and 21 vitamins and minerals! and it only 9g of sugar



- dutch chocolate
- birthday cake
- strawberry cheesecake
- banana split
- cookies and cream
- cinnamon toast
- blueberry
- oranges and cream
- pina colada
- lemon pie
- strawberries and cream



## PROTEIN BOWLS

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

### the medley

strawberries, bananas, blueberries, granola, chia seeds, and honey

### island delight

strawberries, bananas, granola, coconut shavings, and honey



## PROTEIN DOUGHNUTS

choose your flavor!

- |                          |                          |
|--------------------------|--------------------------|
| coconut                  | peanut butter and banana |
| cookies and cream        | sugar and spice          |
| nutella and strawberries | sprinkled                |

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## PROTEIN COFFEE

18g of protein and 3g of sugar, providing both energy and protein at once!

- MOCHA
- VANILLA
- HAZELNUT

can be ordered iced or blended!



+ espresso shot can be added in for an additional \$2

AVAILABLE ONLY IN 16 AND 24 OZ

## COFFEE

just plain coffee!!

- latte - iced/hot
- americano - iced/hot
- espresso shot

### sugar free syrups only

- |         |                |
|---------|----------------|
| vanilla | cinnamon dolce |
| mocha   | salted caramel |
|         | hazelnut       |

### alternative milks only

- |          |              |
|----------|--------------|
| oat milk | almond milk  |
|          | coconut milk |

## PROTEIN WAFFLES AND CREPES

### the original

strawberries, bananas, blueberries, caramel, whipped cream

### nature trail

peanut butter, honey, bananas, almonds, whipped cream and, cinnamon

### choco strawberry

nutella, strawberries, chocolate syrup, strawberry condensed milk, whipped cream, chocolate crumble





**waffle (does not include the toppings)**

calories: 215 cal

carbs: 45 g

protein: 47g

sugars: 12g



**protein shakes**

calories: 200-300

sugar: 5-10g

protein: 24



**protein bowls**

calories: 165

sugar: 5g

protein: 22g

carbs: 4.5g



**donuts (does not include the toppings)**

calories: 48-50 cal EACH

sugar: 3-5 g sugar EACH

protein: 8 g of protein EACH

carbs: 20 g of carbs EACH

**protein coffee**

calories: 145

sugar: 5.5g

protein: 19.5 g

carbs: 9.5 g



**crepes (does not include the toppings)**

calories: 110 cal

carbs: 25 g

protein: 25 g

sugars: 5 g



**loaded teas ( no BM )**

calories: 40 - 60 calories

sugar: 2 - 4 g

caffeine : 160 mg



**loaded teas (with BM)**

calories: 75 - 95 calories

sugar: 2 - 4 g

protein: 7.5 g

caffeine : 160 mg