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

lime, orange and tajin



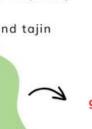
COLLAGEN REFRESHERS

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

ENERGIZING REFRESHERS

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

sour candy

watermelon and candy

cherry limeade

lime and cherry

bahama bev

mango and coconut

paradise punch

strawberry and pineapple



AVAILABLE ONLY IN 160Z

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 strawberry cheesecake banana split cookies and cream

cinnamon toast blueberry oranges and cream

pina colada

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 cookies and cream

peanut butter and banana sugar and spice sprinkled

nutella and strawberries

AVAILABLE ONLY IN 32 OZ

PROTEIN COFFEE

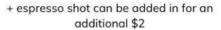
18g of protein and 3g of sugar, providing both energy and protein at once!

MOCHA

VANILLA

HAZELNUT

can be ordered iced or blended!



AVAILABLE ONLY IN 16 AND 24 OZ COFFEE

just plain coffee!!

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

sugar free syrups only

cinnamon dolce vanilla salted caramel mocha 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 cals

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 cals

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