



# Menu

## Tea with Aloe



Hot or Cold  
12 oz

~25-85 mg caffeine  
~5 calories

### TEA FLAVORS

Raspberry    Lemon    Peach  
Original      Chai      NRG  
Pomegranate    Cinnamon

(boosts metabolism & keeps you alert)

## Protein Coffee

(a blend of real coffee & whey protein w/ low sugar)



Hot or Cold  
32 oz

~30g Protein  
~160 mg caffeine  
~200 calories

### COFFEE FLAVORS

House Blend  
Caramel Macchiato  
Mocha

## Power Tea

32 oz

~115-200 mg caffeine  
~30 calories

### Energizing Tea

(boosts your metabolism, burns calories, keeps you alert)

### NRG-Natures Raw Guarana Tea

(for mental alertness & clarity)

### Aloe

(aids in digestion and nutrient absorption)

### Liftoff Energy Boost

(vitamin C, B1, B2, B3, B5, B6, B7, B12 & potassium)

## Meal Replacement Shake

20 oz

24g protein  
~250 calories



# Power Teas

115 or 200 mg Caffeine

## Lollipop

Tropical-Rainbow-Blue Raspberry

## Strawberry Lavender

### Lemonade

Lemon Lime-Lavender-Strawberry

## Pineapple Bomber

Tropical-Passion Fruit-Pineapple

## Lime in the Coconut

Lemon Lime-Coconut-Pineapple

## Smurf

Lemon Lime-Blue Blast-Blue Rasp

## The FLX Raider

Pomegranate-Cherry-Blue Blast/  
Raz

## Sweet Tart

Lemon Lime-Limeade-Grape

## Sour Apple

Lemon Lime-Green Apple-Sour Apple

## Peach Bellini

Tropical-Peach-White Grape

## Grape Jolly Rancher

Pomegranate-Rainbow-Grape

## Bills Mafia

Pomegranate-Strawberry-Blue Blast

## Cherry Lifesaver

Pomegranate-Cherry-White Grape

## Blackberry Sangria

Pomegranate-Blackberry-White Grape

## Cranberry Sangria

Pomegranate-Cranberry-White Grape

## Prickly Dragon

Lemon Lime-Prickly Pear-Dragon Fruit

## Crush

Orange-Lemon-Strawberry

## Cucumber Seed

Lemon Lime-Cucumber-Watermelon

## Lakeside Limeade

Lemon Lime-Limeade-Cherry

## Starburst

Tropical-Strawberry-Orange

## Hawaiian Punch

Tropical-Pineapple-Passion Fruit

## Paradise Punch

Orange-Melon-Blue Blast

## Raspberry Kisses

Lemon Lime-Rasp-White Grape

## Frost Berry

Pomegranate-Blueberry-Blue Blast

## Peach Ring

Tropical-Peach-Cherry

## Beach Bum

Orange-Coconut-Pineapple-Cherry

## Spicy Mango Margarita

Tropical-Margarita-Spicy Mango

## Watermelon Blowpop

Pomegranate-Tropical-Watermelon

## Gummy Bear

Lemon Lime-Straw kiwi-Watermelon

## California Sunrise

Pomegranate-Strawberry-Orange

## Love Potion #9

Pomegranate-Passion-Dragon Fruit

## Prickly Pear

Tropical-Prickly Pear-Raspberry

## Bahama Breeze

Tropical-Pina Colada-Orange

## Candy Apple

Pomegranate-Cherry-Green Apple

## Strawberry Acai Punch

Lemon Lime-Strawberry-Acai

## Dragonrita

Lemon Lime-Margarita-Dragon Fruit

## Cotton Candy

Pomegranate-Cotton Candy-Blue Rasp

\*Please let us know if you have allergies\*

# Meal Replacement Protein Shakes

## FRUITY

APPLE CRISP  
BANANA SPLIT  
BANANA CARAMEL PIE  
BANANAS FOSTER  
BLUEBERRY LEMON POUND CAKE  
BLUEBERRY CHEESECAKE  
CARAMEL APPLE  
COCONUT CREAM PIE  
LEMON POPPYSEED POUND CAKE  
ORANGE CREAMSICLE  
STRAWBERRY BANANA  
WILD BERRY

## MINT

MINT OREO  
THIN MINT  
SHAMROCK SHAKE  
MINT CHIP ICE CREAM

## DESSERT

ALMOND JOY  
BROOKIE COOKIE  
BROWNIE BATTER  
BANANA CARAMEL PIE  
BIRTHDAY CAKE  
BUTTER BEER  
CHOCOLATE CHIP COOKIE  
CHOC COVERED STRAWBERRY  
CHOC CHIP COOKIE DOUGH  
COOKIES & CREAM  
GERMAN CHOCOLATE CAKE  
KIT KAT  
LEMON CRAISIN COOKIE  
MILKY WAY  
OATMEAL CRAISIN COOKIE  
PISTACHIO  
RASPBERRY CHEESECAKE BROWNIE  
S'MORES  
SNICKERDOODLE  
SALTED CARAMEL  
STRAWBERRY CHEESECAKE  
TURTLE CHEESECAKE  
TWIX  
WHITE CHOCOLATE RASPBERRY  
WHITE CHOC TOASTED COCONUT

## PEANUT BUTTER

BUTTERFINGER  
CHUNKY MONKEY  
NO BAKE COOKIE  
NUTTER BUTTER  
PAYDAY  
PB & FLUFF  
PB CHEESECAKE  
PB COOKIE  
PB OREO  
REESES PB CUP  
SNICKERS  
THE ELVIS  
WHITE CHOC REESES



## BREAKFAST

ALMOND BISCOTTI  
BANANA NUT BREAD  
BLUEBERRY MUFFIN  
CAP'N CRUNCH BERRY  
CARAMEL NUT FRENCH TOAST  
CINNAMON BLUEBERRY PANCAKE  
CINNAMON BUN  
CINNAMON TOAST CRUNCH  
FRENCH TOAST  
LEMON POPPYSEED MUFFIN

## COFFEE

CARAMEL LATTE  
COFFEE CAKE  
COFFEE OREO  
MOCHA LATTE  
TIRAMISU