

PROTEIN SHAKES & SMOOTHIES

APPLE PIE

• Sliced apples, apple juice, cinnamon, graham crackers and vanilla protein Tastes like pie without the guilt. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

ALMOND JOY

• Low fat chocolate milk, pina colada , almonds and chocolate protein •

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.25 •

BANANA SPLIT

• Strawberries, banana, pineapple juice low fat chocolate milk and vanilla protein. Dessert without the guilt. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

BANANA FOFANA

• Strawberries, banana, raspberry sorbet, honey, apple juice and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

BERRY LEMONADE

• All natural lemonade, strawberries, blueberries and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

BERRY BLASTER

• Strawberries, blueberries, a special blend of four juices, papaya, pineapple, apple and cranberry blended with vanilla protein. . •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

BERRY RASPBERRY

• Strawberries, blueberries, raspberry sorbet, vanilla protein and a special blend of juices •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

BANANA CREME PIE

• Fat free milk, banana, graham crackers and Chiquita banana protein •

• PROTEIN SHAKE \$5.75 •

BLUE HAWAIIAN

• Orange and Pineapple juice, Pina Colada mix, blueberries and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

KETO BOMB CHOCOLATE

• Unsweetened almond milk, chocolate protein, almond butter, 100% real coco powder and all natural erythritol sweetener. 350 calories, 30 Grams protein, 21 Grams essential fat, 8 Carbs •

• SMOOTHIE \$5.50 PROTEIN SHAKE \$6.50 •

BLUE SHOOZE

• Strawberries, blueberries, apple juice and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

CHOCOLATE COVERED BANANA

• low fat chocolate milk, banana, and Chiquita banana protein •

• PROTEIN SHAKE \$5.75 •

CHOCOLATE COVERED RASPBERRY

• Raspberry sorbet low fat chocolate milk and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

CHOCOLIC DREAM

• Low fat chocolate milk, banana and chocolate protein •

• PROTEIN SHAKE \$5.25 •

COCO-NUTTY

• Orange sorbet, pineapple juice, pina colada and vanilla protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

FRUITS AND GREENS

• Strawberries, blueberries, spinach, broccoli blended with vanilla protein and our signature fruits and greens mix. 30 grams protein 180 calories. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

GERMAN CHOCOLATE CAKE

• Low fat chocolate milk, pina colada , graham crackers, pecans and vanilla protein •

• SMOOTHIE \$5.50 PROTEIN SHAKE \$6.50 •

HEAVY LIFTER

• Strawberries, blueberries, peanut butter, granola, oatmeal, graham cracker vanilla protein and a special juice blend. A hopped up version of the PBJ for the serious lifter. 2100 Calories 100 Grams Protein 100 Grams Carbs. •

• PROTEIN SHAKE \$7.00 •





INCREDIBLE HULK

• Fat free milk, lofat mint chocolate chip ice cream, mojito mint, pistachio pudding, graham cracker and vanilla protein •

• SMOOTHIE \$5.75 PROTEIN SHAKE \$6.75 •

MOUNDS

• Low fat chocolate milk, pina colada , and chocolate protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

ORANGE YA GLAD

• Orange juice, orange sorbet and vanilla protein, Tastes like a push up pop •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

PEANUT BUTTER & JELLY

• Strawberries, blueberries, creamy peanut butter, vanilla protein and a special juice blend. Tastes just like a PBJ sandwich. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

PEAR GUAVA

• 100 % pure guava juice, pears and vanilla protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

PINA COLADA

• Pineapple juice , pina colada mix and vanilla protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

PEANUT BUTTER ALMOND JOY

• Low fat chocolate milk, pina colada ,pecans, peanut butter and chocolate protein •

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.25 •

PEANUT BUTTER DREAM

• Low fat chocolate milk, creamy peanut butter, banana and chocolate protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

PASSION FRUIT

• Strawberries, papaya, pineapple, lemon juice and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

PEACH MANGO

• Sliced peaches, 100% pure mango juice and Vanilla protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

PINEAPPLE

• Orange sorbet, pineapple juice, banana, honey and vanilla protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

RAZ MA TAZZ

• Raspberry sorbet, banana, 100 % pure papaya juice and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

SOHO SQUEEZE

• Strawberries, banana, orange juice, honey and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

STRAWBERRY BLONDE

• Strawberries, banana, pineapple juice and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

STRAWBERRY PAPAYA

• Strawberries, 100% papaya juice and vanilla protein. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

STRAWBERRY BANANA

• Strawberries, Banana, vanilla protein blended with strawberry banana nectar. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

SKETOWN SHAKE

• Strawberries, blueberries, spinach, broccoli, cinnamon and sweet potato blended with our signature fruits and greens mix and vanilla protein. 30 grams protein 200 calories. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •

SETS ON THE BEACH

• Pineapple juice, peach puree, sliced peaches, vanilla protein and a splash of cranberry juice. All the flavor none of the guilt. •

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.25 •

SAMOA

• Lo fat chocolate milk, caramel, graham crackers, pina colada and chocolate protein, •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •

TROPICAL SUNSET

• Strawberries, banana, raspberry sorbet, pina colada, pineapple juice and vanilla protein. •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •

TURTLE SUNDAE

• Low fat chocolate milk, caramel, pecans and chocolate protein •

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.25 •

MORE SHAKES





ASK FOR AVAILABILITY

CHOCOLATE MOCHA LATTE

- low fat chocolate milk, espresso, and chocolate protein •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •

CARAMEL MACCHIATO

- low fat chocolate milk, espresso, caramel and chocolate protein •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •

HAZELNUT

- low fat chocolate milk, espresso, hazelnut and chocolate protein •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •

FRENCH VANILLA LATTE

- fat free milk, vanilla, espresso, and vanilla protein •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •

PEPPERMINT MOCHA LATTE

- low fat chocolate milk, espresso, peppermint and chocolate protein •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •



PUMPKIN PIE (SEASONAL)

- Fat free milk, pumpkin puree, cinnamon, pumpkin spice, vanilla, banana, graham cracker and vanilla protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •



PEPPERMINT STICK

- Fat free milk, raspberry sorbet, peppermint extract, vanilla protein and crushed peppermints. •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •



CARAMEL APPLE PIE

- Apple cider, sliced apples, graham crackers, cinnamon, caramel and vanilla protein •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.00 •



ORANGE NOG

- Low fat egg nog, orange sorbet, cinnamon and vanilla protein •

• SMOOTHIE \$4.75 PROTEIN SHAKE \$5.75 •





THE REC ROOM



Shake Bar



SHAKE ADD ON'S & EXTRAS

- Extra Protein \$1.00
- Plant Protein \$1.50
- 1.5 oz Peanut Butter \$0.50
- 3 oz Peanut Butter \$1.00
- Caffeine 200 mg \$1.00
- Creatine \$0.50
- Graham Crackers \$0.50
- Fruits & Greens Blend \$1.00
- C.B.D Powder \$2.00

- Flax / Chia Seeds \$0.50
- Fat Loss Blend \$1.00
- Extra Fruit \$0.50
- Pecans / Almonds \$0.75
- BCAA Powder \$0.60
- Glutamine \$0.50
- Honey \$0.75
- Emergen-C** \$0.75
- Oatmeal \$0.50