

PROTEIN SHAKES & SMOOTHIES

APPLE PIE

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

ALMOND JOY

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

BANANA SPLIT

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

BANANA FOFANA

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

BERRY LEMONADE

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

BERRY BLASTER

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

BERRY RASPBERRY

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

BANANA CREME PIE

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

• PROTEIN SHAKE \$4.75 •

BLUE HAWAIIAN

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

KETO BOMB BERRY

• Unsweetened almond milk, vanilla protein, coconut oil, strawberries, blueberries fruits & greens mix and all natural erythritol sweetener. 350 calories 21 Gram fat, 8 Carbs •

• SMOOTHIE \$4.50 PROTEIN SHAKE \$5.25 •

BLUE SHOOZE

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

NEW CHOCOLATE COVERED BANANA

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

• PROTEIN SHAKE \$4.75 •

CHOCOLATE COVERED RASPBERRY

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

CHOCOLIC DREAM

• Low fat chocolate milk, banana and chocolate protein •

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

COCO-NUTTY

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

FRUITS AND GREENS

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

GERMAN CHOCOLATE CAKE

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

NEW HEAVY LIFTER

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

• PROTEIN SHAKE \$6.00 •



INCREDIBLE HULK

- Fat free milk, lofat mint chocolate chip ice cream, mojito mint, pistachio pudding, graham cracker and vanilla protein •
- SMOOTHIE \$5.00 PROTEIN SHAKE \$5.75 •

NEW MOUNDS

- Low fat chocolate milk, pina colada , and chocolate protein •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

ORANGE YA GLAD

- Orange juice, orange sorbet and vanilla protein, Tastes like a push up pop •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

PEANUT BUTTER & JELLY

- Strawberries, blueberries, creamy peanut butter, vanilla protein and a special juice blend. Tastes just like a PBJ sandwich. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

NEW PEAR GUAVA

- 100 % pure guava juice, pears and vanilla protein •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

PINA COLADA

- Pineapple juice , pina colada mix and vanilla protein •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

PEANUT BUTTER ALMOND JOY

- Low fat chocolate milk, pina colada ,pecans, peanut butter and chocolate protein •
- SMOOTHIE \$4.50 PROTEIN SHAKE \$5.25 •

PEANUT BUTTER DREAM

- Low fat chocolate milk, creamy peanut butter, banana and chocolate protein •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

PASSION FRUIT

- Strawberries, papaya, pineapple, lemon juice and vanilla protein. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

NEW PEACH MANGO

- Sliced peaches, 100% pure mango juice and Vanilla protein •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

PINEAPPLE

- Orange sorbet, pineapple juice, banana, honey and vanilla protein •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

RAZ MA TAZZ

- Raspberry sorbet, banana, 100 % pure papaya juice and vanilla protein. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

SOHO SQUEEZE

- Strawberries, banana, orange juice, honey and vanilla protein. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

STRAWBERRY BLONDE

- Strawberries, banana, pineapple juice and vanilla protein. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

STRAWBERRY PAPAYA

- Strawberries, 100% papaya juice and vanilla protein. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

NEW STRAWBERRY BANANA

- Strawberries, Banana, vanilla protein blended with strawberry banana nectar. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

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 \$4.00 PROTEIN SHAKE \$4.75 •

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 \$4.50 PROTEIN SHAKE \$5.25 •

SAMOA

- Lo fat chocolate milk, caramel, graham crackers, pina colada and chocolate protein, •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

TROPICAL SUNSET

- Strawberries, banana, raspberry sorbet, pina colada, pineapple juice and vanilla protein. •
- SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

TURTLE SUNDAE

- Low fat chocolate milk, caramel, pecans and chocolate protein •
- SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

MORE SHAKES





ASK FOR AVAILABILITY

CHOCOLATE MOCHA LATTE

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

PUMPKIN PIE

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

CARAMEL MACCHIATO

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

PEPPERMINT STICK

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

HAZELNUT

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

CARAMEL APPLE PIE

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

• SMOOTHIE \$4.00 PROTEIN SHAKE \$4.75 •

FRENCH VANILLA LATTE

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

ORANGE NOG

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •

PEPPERMINT MOCHA LATTE

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

• SMOOTHIE \$4.25 PROTEIN SHAKE \$5.00 •





THE REC ROOM



Shake Bar



SHAKE ADD ON'S & EXTRAS

Extra Protein \$0.75	Flax or Chia Seeds \$0.30
Sub Plant Protein \$1.25	Extra Fruit \$0.50
Fat Loss Blend \$1.00	Pecans/Almonds \$0.50
Creatine \$0.30	3oz Peanut Butter \$0.60
Glutamine \$0.50	1.5oz Peanut Butter \$0.30
BCAA Powder \$0.60	Graham Crackers \$0.30
Caffeine 200 Mg \$1.00	Honey \$0.30
Emergen-C \$0.50	Fruits & Greens Blend \$1.00