

# PROTEIN SHAKES & SMOOTHIES

## APPLE PIE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

## ALMOND JOY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

## BANANA SPLIT

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

## BANANA FOFANA

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

## BERRY LEMONADE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

## BERRY BLASTER

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

## BERRY RASPBERRY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

## BANANA CREME PIE

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

• PROTEIN SHAKE \$6.50 •

## BLUE HAWAIIAN

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

## 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 \$6.75 •

## BLUE SHOOZE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

## CHOCOLATE COVERED BANANA

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

• PROTEIN SHAKE \$6.25 •

## CHOCOLATE COVERED RASPBERRY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

## CHOCOLIC DREAM

• Low fat chocolate milk, banana and chocolate protein •

• PROTEIN SHAKE \$5.75 •

## COCO-NUTTY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

## FRUITS AND GREENS

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

## GERMAN CHOCOLATE CAKE

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •

## 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 \$7.25 •





### INCREDIBLE HULK

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •

### MOUNDS

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### ORANGE YA GLAD

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### PEANUT BUTTER & JELLY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •



### NEW THINNER MINT

• Fat free milk, low-fat mint chocolate chip ice cream, peppermint, graham cracker and chocolate protein •

• SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •

### PINA COLADA

• Pineapple juice , pina colada mix and vanilla protein •

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### PEANUT BUTTER ALMOND JOY

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •

### PEANUT BUTTER DREAM

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### PASSION FRUIT

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### PEACH MANGO

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

### PINEAPPLE

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### RAZ MA TAZZ

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### SOHO SQUEEZE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

### STRAWBERRY BLONDE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

### STRAWBERRY PAPAYA

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### STRAWBERRY BANANA

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •

### 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 \$5.00 PROTEIN SHAKE \$6.25 •

### 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 \$5.00 PROTEIN SHAKE \$6.25 •

### SAMOA

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

### TROPICAL SUNSET

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •

### 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 \$5.25 PROTEIN SHAKE \$6.50 •

**PUMPKIN PIE (SEASONAL)**

- Fat free milk, pumpkin puree, cinnamon, pumpkin spice, vanilla, banana, graham cracker and vanilla protein •
- SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •



**CARAMEL MACCHIATO**

- low fat chocolate milk, espresso, caramel and chocolate protein •
- SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

**PEPPERMINT STICK**

- Fat free milk, raspberry sorbet, peppermint extract, vanilla protein and crushed peppermints. •
- SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •



**HAZELNUT**

- low fat chocolate milk, espresso, hazelnut and chocolate protein •
- SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

**CARAMEL APPLE PIE**

- Apple cider, sliced apples, graham crackers, cinnamon, caramel and vanilla protein •
- SMOOTHIE \$5.00 PROTEIN SHAKE \$6.25 •



**FRENCH VANILLA LATTE**

- fat free milk, vanilla, espresso, and vanilla protein •
- SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •

**ORANGE NOG**

- Low fat egg nog, orange sorbet, cinnamon and vanilla protein •
- SMOOTHIE \$5.50 PROTEIN SHAKE \$6.75 •



**PEPPERMINT MOCHA LATTE**

- low fat chocolate milk, espresso, peppermint and chocolate protein •
- SMOOTHIE \$5.25 PROTEIN SHAKE \$6.50 •



### ASK ABOUT OUR GYM MEMBERSHIPS







# THE REC ROOM



## Shake Bar



### SHAKE ADD ON'S & EXTRAS

- |   |                                      |
|---|--------------------------------------|
| <b>Extra Protein \$1.25</b>             | <b>Flax / Chia Seeds \$0.75</b>      |
| <b>Plant Protein \$1.75</b>             | <b>Fat Loss Blend \$1.00</b>         |
| <b>1.5 oz Peanut Butter \$0.75</b>      | <b>Extra Fruit \$0.75</b>            |
| <b>Oatmeal \$0.60</b>                   | <b>Pecans / Almonds \$0.75</b>       |
| <b>Caffeine 200 mg \$1.00</b>           | <b>BCAA Powder \$0.75</b>            |
| <b>Creatine \$0.75</b>                  | <b>Glutamine \$0.75</b>              |
| <b>Fruits &amp; Greens Blend \$1.00</b> | <b>Honey \$0.75</b>                  |
| <b>Graham Crackers \$0.60</b>           | <b><i>Emergen-C</i> \$1.00</b>       |
| <b>C.B.D Powder \$2.00</b>              | <b>Substitute Almond Milk \$0.25</b> |