

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 \$6.50 •

ALMOND JOY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

BANANA SPLIT

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

BANANA FOFANA

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

BERRY LEMONADE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

BERRY BLASTER

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

BERRY RASPBERRY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

BANANA CREME PIE

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

• PROTEIN SHAKE \$6.75 •

BLUE HAWAIIAN

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

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 \$7.00 •

BLUE SHOOZE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

CHOCOLATE COVERED BANANA

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

• PROTEIN SHAKE \$6.75 •

CHOCOLATE COVERED RASPBERRY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

CHOCOLIC DREAM

• Low-fat chocolate milk, banana, and chocolate protein •

• PROTEIN SHAKE \$6.00 •

COCO-NUTTY

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

FRUITS AND GREENS

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

GERMAN CHOCOLATE CAKE

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •

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 \$7.75 •





INCREDIBLE HULK

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •

MOUNDS

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

ORANGE YA GLAD

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

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 \$6.75 •

NEW THINNER MINT

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •



PINA COLADA

- Pineapple juice, pina colada mix, and vanilla protein •

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

PEANUT BUTTER ALMOND JOY

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •

PEANUT BUTTER DREAM

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

PASSION FRUIT

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

PEACH MANGO

- Sliced peaches, 100% pure mango juice and, vanilla protein •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

PINEAPPLE

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

RAZ MA TAZZ

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

SOHO SQUEEZE

- Strawberries, bananas, orange juice, honey, and vanilla protein. •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

STRAWBERRY BLONDE

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

STRAWBERRY PAPAYA

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

STRAWBERRY BANANA

- Strawberries, bananas, and vanilla protein blended with strawberry banana nectar. •

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •

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 \$6.50 •

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 \$6.50 •

SAMOA

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

TROPICAL SUNSET

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •

TURTLE SUNDAE

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

MORE SHAKES





ASK FOR AVAILABILITY

CHOCOLATE MOCHA LATTE

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

PUMPKIN PIE (SEASONAL)

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •



CARAMEL MACCHIATO

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

PEPPERMINT STICK

- Low-fat milk, raspberry sorbet, peppermint extract, vanilla protein, and crushed peppermints. •

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •



HAZELNUT

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

CARAMEL APPLE PIE (SEASONAL)

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

• SMOOTHIE \$5.00 PROTEIN SHAKE \$6.50 •



FRENCH VANILLA LATTE

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •

ORANGE NOG (SEASONAL)

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

• SMOOTHIE \$5.50 PROTEIN SHAKE \$7.00 •



PEPPERMINT MOCHA LATTE

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

• SMOOTHIE \$5.25 PROTEIN SHAKE \$6.75 •



ASK ABOUT OUR GYM MEMBERSHIPS





THE REC ROOM



Shake Bar



SHAKE ADD ON'S & EXTRAS

- | | |
|---|--------------------------------------|
| Extra Protein \$1.50 | Flax / Chia Seeds \$0.75 |
| Plant Protein \$2.00 | Fat Loss Blend \$1.00 |
| 1.5 oz Peanut Butter \$0.75 | Extra Fruit \$0.75 |
| Oatmeal \$0.60 | Pecans / Almonds \$0.75 |
| Caffeine 200 mg \$1.00 | BCAA Powder \$0.75 |
| Creatine \$0.75 | Glutamine \$0.75 |
| Fruits & Greens Blend \$1.00 | Honey \$0.75 |
| Graham Crackers \$0.60 | <i>Emergen-C</i> \$1.00 |
| C.B.D Powder \$2.00 | Substitute Almond Milk \$0.25 |