



SHAKE THIS/ EAT THAT

Shake This/ Eat That uses high quality, nutritious ingredients.

CHOCOLATE PROTEIN SHAKES

A house favorite, everything goes good with chocolate. Enjoy your favorite sweet treat, without the guilt!

CHOCOLATE PEANUT BUTTER

Tastes just like your favorite peanut butter cup

COOKIE MONSTER

Chocolate protein, Cookie Pieces, Chocolate

NO BAKE COOKIE

Chocolate Protein, Peanut Butter, Oatmeal & Chocolate

GERMAN CHOCOLATE CAKE

Chocolate protein, Caramel, Coconut & Chocolate

THIN MINT

Chocolate Protein, Cookie Pieces, Mint

CHOCOLATE BANANA

Chocolate protein, Banana & Chocolate

CANDY BAR CRAVING

Chocolate Protein, Peanut Butter, Caramel, Hazelnut & Chocolate

COFFEE KICK

Chocolate Protein, Peanut Butter, Coffee & Chocolate

VANILLA PROTEIN SHAKES

Vanilla makes for a great base flavor. Simple, not overly sweet, but still hits the spot.

PEANUT BUTTER BANANA

Vanilla Protein, Peanut Butter, Banana & Hazelnut

CARAMEL BANANA

Vanilla protein, Banana & Caramel

PB&J

Vanilla Protein, Peanut Butter & Fresh Strawberries

COCONUT ALMOND

Vanilla Protein, Coconut & Almond

STRAWBERRY BANANA

Vanilla Protein, Fresh Strawberries & Fresh Banana

BANANA BONITA

Vanilla Protein, Pineapple, Banana & Coconut

BLUEBERRY BANANA

Vanilla Protein, Banana & Fresh Blueberries

BLUEBERRY MUFFIN

Vanilla Protein, Oatmeal & Fresh Blueberries



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HOUSE FAVORITE

BANANA NUT MUFFIN

Cinnamon Protein, Banana, Oatmeal & Hazelnut

FRUIT SMOOTHIES

TROPICAL TWIST

Pineapple, Banana & Coconut



VERY BERRY

Raspberry Juice, Fresh Blueberries
& Fresh Strawberries



RAGING RASPBERRY

Raspberry Juice & Fresh
Raspberries



BLUEBERRY BOMB

Raspberry Juice & Fresh
Blueberries



FUZZY NAVEL

Passion Mango Juice, Banana &
Peach



PASSIONATE POMEGRANATE

Passion Mango Juice, Banana &
Pomegranate



YOU'VE GUAVA BE KIDDING ME

Guava Juice, Pineapple & Banana



STRAWANA

Raspberry Juice, Fresh Strawberries & Banana



UPGRADES

MULTIVITAMIN BLEND

Strengthen your immune system

FAT BURNING BLEND

Burn fat & reduce your appetite

ENERGY BLEND

Increase your energy & fight
fatigue

COFFEE

Get a jolt of java added to any
shake

CREATINE \$ 1.00

Increase your output

COLLAGEN \$ 1.00

Great for hair, skin & nails



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UPGRADES

GLUTAMINE \$ 1.00

Recover better

EXTRA PROTEIN \$ 1.00

Your choice: MRP, Whey or Plant Protein

AMINO ENERGIZER

Raspberry or Peach Amino Base

AMINO FLAVORS

Strawberry, Blueberry, Coconut & Pomegranate