



EST. 2021

**5327 Florida Ave. South Lakeland, FL
863.254.1860**



SHAKES

\$8.50

Piece of Cake

vanilla birthday cake & rainbow sprinkles

Brownie Batter

chocolate with chocolate chips & chocolate drizzle

The Golden Puff

vanilla, dulce de leche & puff cereal

Orange You Glad

orange creamsicle

Gimme S'mores

cookies n' cream, chocolate & marshmallows

Strawberry Cheesecake

strawberry drizzle with graham crackers

Island Fusion

piña colada, coconut & coconut flakes

Fried Banana

banana, vanilla & banana chips

Frutti Pebbles

strawberry & frutti pebbles cereal

Chewy

cafe latte & peanut flavor

Cookie Mintster

mint chocolate

Wanna Cookie

cookies n' cream, oreos & vanilla

Choco Butter

peanut butter, banana & chocolate

Add-On's

Fiber \$1 | Extra Protein \$2 | Fat Reduction \$5 | Probiotics \$2

Espresso Shot \$2 | PB2 \$



REFRESHERS

24oz \$7.50 | 32oz \$10.50

LiberTea

strawberry & blue raspberry

Good Vibes

strawberry orange

Under the Weather

orange, vitamin c & immunity vitamins

YunYun

watermelon, orange pineapple

5 de Mayo

tajin & watermelon margarita mix

Rooted

passion fruit with seeds

Too Cool for You

watermelon, cucumber, lime

Dark Force

blue raspberry & grape

Mi Amor

strawberry & watermelon

Best Day Ever

coconut, coconut flakes

Dragon Iced

dragon fruit acai, mango lime

Paradise Fall

gusvs, pineapple

Lime-ade

rooted lemonade style

Add-On's

b12 shot \$3 | probiotics \$1 | immunity shot \$1 | vitamin c \$2

Allergy Warning: Please be advised some of our menu items contain dairy, peanuts, tree nuts, soy, and gluten. Please let us know if you have any allergies.



PROTEIN COFFEE

16oz \$7.50 | 24oz \$8.50 | 32oz

\$9.50

Iced with a shot of espresso

Vanilla

Hazelnut

Caramel

White Chocolate

Mocha

PROTEIN FRAPPE

\$8.50

Blended with a shot of espresso

Twix

espresso shot, dulce de leche, vanilla, chocolate chips, and caramel

White Chocolate Mocha

espresso shot, vanilla, dulce de leche, white chocolate chips

Mochaccino

espresso shot, cafe latte, chocolate drizzle, oreo crumbles

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PROTEIN WAFFLES

\$11.00

The Everything

strawberry, blueberry, banana, almonds, chocolate & caramel drizzle, nutella, & whipped cream

The Crunch Monkey

banana, walnuts, pecan, coconut flakes, caramel drizzle, condensed milk & whipped cream

The Birthday Cake

rainbow sprinkles, sweet condensed milk & whipped cream

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PROTEIN MINI DONUTS

H/D \$10.50 | Individual \$2

Toppings

- pretzel
- chocolate sprinkles
- rainbow sprinkles
- nutella
- oreo
- coconut
- pecan
- cinnamon crunch
- cinnamon sugar
- almonds
- fruity pebbles
- powder sugar
- nutella
- dulce de leche

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PROTEIN ACAI BOWLS

\$12

plant-based protein

step 1 pick 3

strawberries, bananas, blueberries, kiwi

step 2 pick 3

**granola ,coconut ,honey, nutella ,peanut butter,
hemp seeds , chia seeds or almond butter**

extra toppings \$1





HOT TEA WITH ALOE

\$5

Tea Flavors

Cinnamon | Lemon | Raspberry

Chai | Original | Peach

Aloe Flavors

Mango | Cranberry | Mandarin

Kids Refreshers

Whey & soy protein mix
with Aloe Vera

Captain America or Wonder Women

blue raspberry and strawberries

Pikachu

peach mango

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NUTRITION FACTS

(GF) Protein Shakes

250-300 Calories | 24G Protein | 21 Vitamins & Minerals | 4G Fiber | (Made with Water)

Protein Iced Coffee

100 Calories | 15G Whey Protein | 2G Sugar
Caffeine

(GF) Protein Frappes

250-300 Calories | 24G Protein | 21 Vitamins & Minerals | 4G Fiber | Espresso Shot

Protein Waffles (no toppings)

400 Calories | 35G Protein | 6G Fiber

Energy Refreshers (Keto Friendly)

30 Calories | Zero Sugar | Aloe Vera | Guarana Extract | Antioxidants & Vitamins | Thermogenic Caffeine

Protein Mini Donuts (no toppings)

40 Calories | 3G Protein | 1G Sugar | 1G Fiber

Protein Acai Bowls (no fruits)

260 Calories (varies) | Antioxidants | Potassium | Magnesium | Fiber | 15G Protein | Vegan-Friendly

Kids Refreshers

35 Calories | 8G Protein | Zero Sugar