



**EST. 2021**

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



# SHAKES

## 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/Caramel Cheesecake

strawberry or caramel drizzle with graham crackers

## Island Fusion

piña colada, coconut & coconut flakes

## Mango Daiquiri

mango jam, tajin, lime

## 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 | Extra Protein | Fat Reduction | Probiotics



# REFRESHERS

24oz | 32oz

## **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**

guava, pineapple

## **Lime-ade**

rooted lemonade style

## **Add-On's**

b12 shot

| probiotics | immunity shot | vitamin c

**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 | 24oz | 32oz

**Iced with a shot of espresso**

**Vanilla**

**Hazelnut**

**Caramel**

**White Chocolate**

**Mocha**

# PROTEIN FRAPPE

**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

**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 WAFFLES

## **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

**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 MINI DONUTS

H/D | Individual

## Toppings

pretzel

chocolate sprinkles

rainbow sprinkles

nutella

oreo

coconut

pecan

cinnamon crunch

cinnamon sugar

almonds

fruity pebbles

powder sugar

nutella

dulce de leche

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 ACAI BOWLS

**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

## 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

**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.





# 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