

PROTEIN SHAKES, BOWLS & WAFFLES



BANANA NUT BREAD \$9

Banana Caramel,
Cinnamon,
Walnuts
17g Protein



CHURRO \$10

Dulce de leche, Caramel,
Chai Tea **85mg Caffeine**
Add Espresso Shot \$1



CHOCOLATE, PB, BANANA \$10

Dutch chocolate,
Vanilla,
Peanut butter, Banana
20g Protein



OREO CHEESECAKE \$9

Cookie n Cream,
Oreo
17g Protein



COLD BREW \$12

Dulce de leche, Caramel,
Protein coffee
80mg Caffeine
30g Protein



STRAWBERRY CHEESECAKE \$10

Strawberry Cheesecake,
Graham crackers,
Strawberry Sauce
17g Protein



WHITE CHOCOLATE PB \$9

French Vanilla, White
chocolate,
Peanut butter
20g Protein



GUAYABA Y QUESO \$10

French Vanilla, Real
Guava, Guava
Marmalade & Maria
Cookie
17g Protein



BERRY ISLAND BLISS \$10

Mixed berries, Tropical,
Peanut Butter
20g Protein



CAFE CON LECHE \$9

Dulce de leche, Caramel,
Cafe Latte
Add Espresso Shot \$1
17g Protein



POST RECOVERY: REBUILD STRENGTH \$6

24G OF PROTEIN,
AMINO ACIDS,
3,000MG L-
GLUTAMINE,
4,000MG BCAA



MANGO PINEAPPLE \$10

Mango, Pineapple,
Vanilla Protein
17g Protein



PROTEIN WAFFLE - \$10

\$0.50 per topping + 30g Protein

Toppings:
Strawberries
Blueberries
Banana
Caramel
Whip Cream



OATMEAL BOWL - \$10

Berries, Banana, Granola, Honey, Cinnamon + 20g Protein



CHUNKY MONKEY BOWL- \$12

Banana, Chocolate Chips, Granola,
Peanut Butter, Walnuts, Chocolate
Protein +16g Protein



VERY BERRY BOWL- \$12

Banana, Mixed Berries, Peanut Butter, Chocolate
Chips, Coconut, Granola + 16g Protein