

WELLNESS CLASSICS

SIMPLE, EFFECTIVE & MADE TO SUPPORT YOUR DAY

CAFFEINATED BLENDS

NO ADDED FLAVORS | HIGH NUTRITIONAL VALUE

BEAUTY BOMB

Pomegranate + Strawberry Lemonade
Collagen | Green Tea | 100mg Caffeine

\$8/\$11

M L

SPRING DRINK

Peach Mango + Tropical Fruit
17G Protein | Collagen | 75mg Caffeine

\$10/\$11

M L

PINK DRINK

Wild Berry + Pomegranate
17G Protein | Collagen | 75mg Caffeine

\$10/\$11

M L

CITRUS HYDRATE

Electrolytes | Hydration | 75mg Caffeine

\$8/\$9

M L

BLACKBERRY HYDRATE

Electrolytes | Hydration | 75mg Caffeine

\$8/\$9

M L

CAFFEINE FREE BLENDS

NO CAFFEINE | HYDRATION | ALOE | LOW SUGAR

BLUE BLAST REFRESHER

Blue Blast + Orange

\$5/\$6/\$7

S M L

CHERRY REFRESHER

Cherry + Orange

\$5/\$6/\$7

S M L

RASPBERRY REFRESHER

Raspberry + Acai Berry

\$5/\$6/\$7

S M L

ORANGE REFRESHER

Orange + Mango

\$5/\$6/\$7

S M L

GRAPE REFRESHER

Grape + Acai Berry

\$5/\$6/\$7

S M L

BLUE RASPBERRY REFRESHER

Blue Raspberry + Acai Berry

\$5/\$6/\$7

S M L

SPRING REFRESHER

Peach + Mango
17G Protein | Collagen | Aloe

\$9/\$10

M L

PINK REFRESHER

Wild Berry
17G Protein | Collagen | Aloe

\$9/\$10

M L

COLLAGEN REFRESHER

Strawberry + Orange
Electrolytes | Hydration | Collagen

\$8/\$10

M L

IMMUNITY BLENDS

NO ADDED FLAVORS | ALOE | IMMUNE SUPPORT

GET WELL SOON

Orange + Lemon + Mandarin
Echinacea | Vitamin C | Vitamin D | Zinc | 85mg Caffeine

\$9/\$11

M L

BETTER DAYS

Mandarin Orange
Echinacea | Vitamin C | Vitamin D | Zinc | Caffeine Free

\$8/\$9

M L

WHY CHOOSE A "COMBO"?

BECAUSE YOUR BODY DESERVES MORE THAN CAFFEINE ALONE



BOOSTS ENERGY AND METABOLISM



PACKED WITH 24G OF PROTEIN TO FUEL YOUR BODY

STOP SETTling FOR EMPTY CALORIES. SEE HOW OUR SHAKE & TEA COMBO COMPARES TO COMMON FAST FOOD FAVORITES.



VS



FEELING SLUGGISH + BLOATED

1,100+ CALORIES
~25G PROTEIN (MOSTLY FROM FAT)
70G+ SUGAR

FULL, ENERGIZED + LIGHT

LESS THAN 250 CALORIES
24G PROTEIN
LOW SUGAR

NOT ALL "QUICK LUNCHES" ARE CREATED EQUAL. MANY SMOOTHIES SEEM HEALTHY BUT DON'T GIVE YOUR BODY THE BALANCED FUEL IT NEEDS.



VS



NOT A FULL MEAL

400-600+ CALORIES
0-15G PROTEIN
OFTEN HIGH SUGAR

COMPLETE MEAL REPLACEMENT

<300 CALORIES
24G PROTEIN
24 ESSENTIAL NUTRIENTS



2457 US HIGHWAY 1 SOUTH
ST. AUGUSTINE FL.
32086



904-217-7414



CALL AHEAD TO SCHEDULE DELIVERY OR PICK UP ORDER!

ENERGY, PROTEIN, BOBA & MORE!



LIT TEAS

118MG-203MG CAFFEINE

\$6 100Z
\$8 240Z
\$9 320Z

WATERMELON SPLASH

WATERMELON CUCUMBER



CUCUMBER COOLER

BLUE RASPBERRY CUCUMBER



BIKINI BOTTOM

BLUE RASPBERRY PINEAPPLE



ARCTIC BLAST

BLUE RASPBERRY BLACKBERRY



CHERRY CANDY

RAINBOW CANDY CHERRY



ISLAND VIBES

COCONUT MANGO



GRAPE SUCKER

PINK STARBURST GRAPE



STRAWBERRY FUSION

PINK STARBURST STRAWBERRY



PROTEIN TEAS \$12 320Z

FRUIT ROLLUP

STRAWBERRY CHERRY



BLUE DREAM

BLUE RASPBERRY BLUE BLAST VANILLA



BLACK PEARL

BLUE RASPBERRY GRAPE



CREAMSAVER

PINK STARBURST STRAWBERRY VANILLA



BOOST IT!

DIGESTION

HERBAL ALOE

CRANBERRY MANDARIN MANGO GRAPE



IMMUNITY

BEST DEFENSE

WATERMELON ORANGE



\$3.25

HAIR, SKIN & NAILS

COLLAGEN

STRAWBERRY

\$3

HYDRATION

ELECTROLYTES

ACAI BERRY ORANGE



\$3

COFFEELOVERS

PROTEIN COFFEE

16G/22.5G PROTEIN | 100/150 CAL | 12G/10G SUGAR

CARAMEL MACCHIATO \$6/\$8

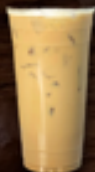
Protein coffee with creamy caramel and a buttery finish

HOUSE BLEND \$6/\$8

Classic coffee and cream flavor, light and smooth

MOCHA \$6/\$8

Rich coffee and chocolate with a creamy finish



*available hot or cold

SIGNATURE COFFEE

15G/22.5G PROTEIN | 100/100 CAL | 20G/10G SUGAR

PEANUT BUTTER CUP \$8/\$10

Mocha, peanut butter and chocolate

SEA SALT MOCHA \$8/\$10

Mocha, salted caramel and sea salt

CINNA-BUN \$8/\$10

House blend, cinnamon and butterscotch



*available hot or cold

COFFEE FLOAT

50G PROTEIN | 300 CAL | 10G SUGAR

CARAMEL BROWNIE

Caramel Macchiato, white chocolate and chocolate

SUGAR COOKIE \$13

House blend, french vanilla and almond extract

PAY DAY \$13

House blend, pralines, caramel and cinnamon



GREENS

CUCUMBER GREENS \$12

140MG CAFFEINE CUCUMBER ALOE

GREEN GODDESS \$12

21MG CAFFEINE ELECTROLYTES ORANGE ALOE



GREEN LIGHT TEA \$14

140MG CAFFEINE 15G PROTEIN WATERMELON PINEAPPLE ALOE

HEALTHY SHAKES \$9

CONTAINS NUTS

FAT ELVIS

CHOCOLATE PEANUT BUTTER BANANA



SNICKERS

COOKIES & CREAM PEANUT BUTTER CARAMEL



CARAMEL NUT ROLL

PRALINES & CREAM CARAMEL CINNAMON



BANANA CREAM PIE

VANILLA BANANA



BROWNIE BATTER

CHOCOLATE WHITE CHOCOLATE CHEESECAKE



BUTTERFINGER

BUTTERSCOTCH CHOCOLATE PEANUT BUTTER



STRAWBERRY CHEESECAKE

STRAWBERRY CHEESECAKE



CAKE BATTER

VANILLA CHEESECAKE



BOOSTED SHAKES \$12

APPLE CRUMBLE

APPLE CINNAMON ADDED FIBER



GLOW GETTER

STRAWBERRY LEMONADE ADDED COLLAGEN



CREAMSICLE

ORANGE VANILLA ADDED HYDRATION



MUSCLE BUILDER

ANY FLAVOR 50G WHEY PROTEIN 36G CARBS



NUTRITION FACTS!

24G PROTEIN

240 CALORIES

21 VITAMINS

15G CARBS

9G SUGAR

