



2 Tower Plaza Long Beach

228-669-7070

Hours:

Mon-Fri: 7:30am-8:00pm

Saturday: 8:00am-2:00pm

Sunday: CLOSED

Refuel and Recover 20oz \$6.00 12oz \$5.00

-Strawberry Slam (strawberries, banana with 20g vanilla whey protein) 320/260 calories

-Berry, Berry Good (strawberries, blueberries, blackberries, raspberries, banana with 20g vanilla whey protein) 310/250 calories

-Mango Crusher (mangos, strawberries, banana with 20g vanilla whey protein) 320/260 calories

-Hawaiian Harvest (pineapple, coconut, banana with 20g vanilla whey protein) 330/250 calories

-Cracker Jax (choice of liquid, salted caramel, PB lite, oatmeal with 20g vanilla whey protein) 340/210 calories

-Mo' Mass (choice of liquid, Peanut butter, oatmeal, banana with 20g vanilla whey protein) 540/320 calories

-Organic Cookie Crunch (choice of liquid, yogurt, vanilla, organic sandwich cookies with 30g of vanilla whey protein) 410/240 calories

Refuel and Detox 20oz \$6.00 12oz \$5.00

-Red Velvet Cupcake (unsweetened chocolate almond milk, yogurt, dark chocolate, beets, vanilla with 20g chocolate whey protein) 320/190 calories

-I Love Veggies (pineapple, spinach, kale, avocado, lemon, banana with 20g vanilla whey protein) 330/200 calories

Lifestyle Shakes 20oz \$6.50 12oz \$5.50

-Chocolate Brownie (unsweetened chocolate almond milk, Cacao, vanilla and chia seeds with 30g Chocolate whey protein)

-Peanut Buster (choice of unsweetened vanilla or chocolate almond milk, Cacao, PB lite, vanilla and hemp seeds with 30g vanilla whey protein)

-Pineapple Shredder (Unsweetened vanilla almond milk, pineapple, coconut and banana with 20g vanilla whey protein)

-Razzle Dazzle (unsweetened vanilla almond milk, raspberries, banana and vanilla with 20g vanilla whey protein)

-Strawberry Lean (unsweetened vanilla almond milk, strawberries, pineapple and orange with 20g vanilla whey protein)

Meal Replacement 20oz \$6.50 12oz \$5.50

-Peanut Butter Cup (choice of liquid, Peanut Butter with 20g chocolate whey protein and 20g vanilla whey protein) 530/270 calories

-Banana Nut Blast (choice of liquid, Peanut butter, banana with 40g vanilla whey protein) 520/260 calories

-Trail Mix (choice of liquid, granola, almond butter, raisins, bananas with 30g vanilla whey protein) 500/290 calories

-Vanilla Bean (choice of liquid, banana, yogurt, vanilla bean, flaxseed oil with 30g vanilla whey protein) 340/220 calories

Frappes 20oz \$6.00 12oz \$5.00

-Java Jolt (choice of liquid, colombian coffee, dark and milk chocolate with 20g chocolate whey protein) 300/210 calories

-The Caffeinator (unsweetened vanilla almond milk, espresso beans, colombian coffee, "Get Energized" with 30g vanilla whey protein) 280/180 calories

-Chocolate Chai Latte (choice of liquid, chai Tea, colombian coffee and spices with 20g chocolate whey protein) 310/190 calories

-Chocolate Caramel De-Lite (choice of liquid, salted caramel, dark chocolate with 20g chocolate whey protein) 380/220 calories

-Matcha Green Tea Latte (choice of liquid, matcha green tea, honey and banana with 20g vanilla whey protein) 410/230 calories

Smoothies 20oz \$6.00 12oz \$5.00

-Pina Colada (pineapple, banana and coconut) 320/240 Calories

-Blueberry Blitz (blueberries and bananas) 310/240 calories

-Strawberry Banana (Strawberries and bananas) 300/230 calories

-Tropical Oasis (strawberries, pineapples and bananas) 300/230 calories

-Green Giant (pineapples, bananas, kale, spinach and lemon) 330/240 Calories

-Mango Tango (mangos, bananas and strawberries) 310/240 calories

-Berries A' More (Four berries, bananas and blueberries) 300/230 calories

-Strawberry Classic (Just Strawberries) 200/130 calories

-Acai For Me (Acai, bananas and blueberries) 340/250 calories

-Strawberry Lemonade (strawberries and lemon) 200/130 calories

Fruit Tea 20oz \$5.00

Step 1: Pick your Tea: Green Tea, Hibiscus Tea, Jasmine Tea

Step 1: Pick a base: pineapple, mango, strawberry, four berry, acai, blueberry banana or tropical blend

Step 2: Pick a Frozen fruit: pineapple, mango, strawberry, berry blend, tropical blend

Melissa's Latte's \$4.00 16oz

-Classic Latte (Colombian Coffee-Gluten Free) 250 Calories

-Vanilla Latte (Colombian Coffee-Vanilla-Gluten Free) 230 Calories

-Mocha Latte (Colombian Coffee-Mocha-Gluten Free) 210 Calories

-Vegan Mocha (Organic Coffee-Organic Mocha-Gluten Free) 330 Calories

-Chai Latte (Black Tea-Spices-Honey-Gluten Free) 260 Calories

-Vegan Chai Spiced Latte (Black Tea-Spices-Cane Sugar-Gluten Free) 330 Calories

-Vanilla Honey Chai Latte (Colombian Coffee-Black Tea-Vanilla-Spices-Honey-Gluten Free) 250 Calories

-White Chocolate Latte (Colombian Coffee-White Chocolate) 240 Calories

-Salted Caramel Latte (Colombian Coffee-Salted Caramel) 250 Calories

-Vegan Salted Caramel Latte (Organic Coffee- Sea Salt- Caramel) 315 Calories

-Caramel Chocolate Pumpkin Pie Latte (Colombia Coffee- Salted Caramel-Chocoholic's Latte-Pumpkin Spice Latte) 250 Calories

-Jamocho Latte (Colombia Coffee-Extra Mocha) 220 Calories

-Toffee Lover's Latte (Colombia Coffee-Toffee) 280 Calories

-Matcha Vanilla Honey Latte (Matcha Green Tea-Latte-Honey-Vanilla) 320 Calories

-Snicker Latte (Hazelnut-Salted Caramel-Chocoholic's Latte) 325 Calories

-Mexican Spiced Cocoa Latte (Mexican Spiced Cocoa) 230 Calories

Crushed Fruit Bowls \$7.00

Step One: **Step 1: Pick a base:** pineapple, mango, strawberry, four berry, acai, blueberry banana or tropical blend

Step Two: Pick two toppings: (comes with banana and coconut)

Step Three: ENJOY!!

Kids Menu 12oz \$4.00

Strawberry Shortcake-PB Banana
Jamma-Cookie Monster-Jr Chocolate
Frosty-The Hulk-PB&J