

# SHAKE MENU

**SPARTAN NUTRITION**  
HEALTHY SHAKES • ENERGIZING TEA • ALOE

200-230 Calories, 24g of protein, 21 essential vitamins and minerals . . . . \$8

1. GOOD MORNING MOCHA
2. PEANUT BUTTER LATTE\*
3. BANANA NUT MUFFIN\*
4. FRENCH TOAST\*
5. CARAMEL MOCHA
6. BLUEBERRY SCONE\*
7. SALTED CARAMEL NUT ROLL\*
8. BANANA BREAD\*
9. VANILLA CARAMEL LATTE\*
10. CAP'N CRUNCH BERRIEZ\*
11. HAZELNUT LATTE\*
12. LOCO MOCHO
13. CINNAMON CARAMEL ROLL\*
14. FRUITY PEBBLE\*
15. PEANUT BUTTER WAFFLE\*
16. RASPBERRY FRAPPE\*
17. SALTED CARAMEL\*
18. PEANUT BUTTER CHEESECAKE
19. SUGAR COOKIE\*
20. BROWNIE BATTER
21. PEANUT BUTTER OREO
22. GRASSHOPPER
23. PEANUT M&M\*
24. REESEZ PIECEZ
25. TURTLE CHEESECAKE
26. SNICKER
27. NO BAKE COOKIE
28. THIN MINTZ
29. PEANUT BUTTER BROWNIE
30. MONSTER COOKIE
31. SNICKERDOODLE\*
32. WEDDING CAKE
33. PEANUT BUTTER PATTY
34. CARAMEL APPLE SUCKER\*
35. STRAWBERRY BANANA SHORTCAKE\*
36. CHUNKY MONKEY
37. PINA COLADA\*
38. LEMON CAKE
39. BANANA CARAMEL\*
40. COOKIE DOUGH
41. ORANGE CREAMSICKLE\*
42. STRAWBERRY CHEESECAKE\*
43. VANILLA RASPBERRY\*
44. CHERRY CHEESECAKE\*
45. CARAMEL APPLE CRISP\*
46. ORANGE PUSH POP\*
47. BANANA FUDGE
48. BERRY WILD\*
49. PINEAPPLE UPSIDE DOWN CAKE\*
50. SIXLETS
51. BANANA SPLIT

ASK ABOUT OUR ENERGY SHAKE /  
RECOVERY SHAKE UPGRADES

\* GLUTEN  
FREE

# UPGRADED TEA

ENERGIZING, BOOSTS METABOLISM, & BURNS CALORIES. . . . . \$4

1. BEAUTY & BEAST
2. TURNT TEA
3. SPARTAN BLOOD
4. GUMMY WORM
5. ORANGE OUTBURST
6. POM BOMB
7. BLUEBERRY LEMONADE
8. BLACK CHERRY LIMEADE
9. TROPICAL PARADISE
10. ALOHA
11. TROPICAL COCONUT
12. STRAWBERRY FINEAPPLE
13. TROPIC BLASTC
14. HAWAIIAN PUNCH
15. GRAPE-AID
16. THOR
17. RASPBERRY FIZZ
18. LE-POM BOMB
19. IRON MAN
20. TROPIC TANG
21. MYSTERY CHAI
22. SHAKE YOUR BOO-TEA
23. SWEET TART
24. SPARTAN SUNRISE
25. HULK
26. BERRY FUSION

# PROTEIN SNACKS

**DELUXE PROTEIN BARS** (10g protein, 140 calories)

**24 ACHIEVE BAR** (20g protein, 230 calories).

**PROTEIN ICED COFFEE** (15g protein, 100 calories)

**-Mocha / House Blend**

**BEVERAGE MIX** (15g protein, 70 calories)

**PROTEIN BITES** (4g protein, 60 calories)

**EXPRESS MEAL BARS** (15g protein, 200 calories)

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## EXTRAS

### LIFTOFF

(15 calories, 75 mg caffeine, increases metabolism )

### FAT BURNER SHOT

(Helps control hunger / reduces body fat)

### IMMUNITY ESSENTIALS

(10 calories, 18mg Vitamin C, 20mcg Vitamin D, 11mg ZINC)

### TEA PACKET

(5 calories, 85 mg caffeine, boosts metabolism, burns calories )

### IMMUNE BOOSTER

(Supports immune health. Vitamin C, ZINC, & Echinacea)

### H30 HYDRATE

(Rapid hydration, immediate energy, optimizes workouts)

### PROBIOTIC

(Supports gut and digestive health)

### FIBER

(5g Fiber, 15 calories, supports regularity)

### SKIN COLLAGEN

(Supports strong nails, healthy hair, and skin)

### EXTRA PROTEIN

( 7.5g protein, 55 calories, helps satisfy hunger, maintains lean muscle mass)

### CR7 SPORT DRINK

(Supports hydration, enhances metabolism)

### ALOE SHOT

(0 calories, supports healthy digestion and nutrient absorption)

### NEW MOM

(Reduces fatigue, regulates hormonal activity, Vitamins & minerals for healthy mental performance & focus)

### KIDS BOOSTER

(Vitamins and minerals to enhance your child's daily nutrition. Has calcium, magnesium, & vitamin D.)