

## COMBOS

Step 1 - PICK YOUR SHAKE

Step 2 - PICK YOUR BEVERAGE

### Level 1 (\$8.00)

Meal Replacement Shake & Level 1 Energy Drink  
24g Protein, 200-250 Cal., 5g Sugar, 6g Fiber

### Level 2 (\$11.00)

Meal Replacement Shake & Level 2 Energy Drink  
24g Protein, 200-250 Cal., 5g Sugar, 6g Fiber

### Level 3 (\$12.50)

Meal Replacement Shake & Level 3 Energy Drink  
24g Protein, 200-350 Cal., 5g Sugar, 6g Fiber

### Pre Workout Combo (\$8.00)

Prepare - Caffeine, Nitric Oxide, Creatine,  
Bioavailable electrolytes

### Post Workout Combo (\$9.00)

24g Whey Protein Shake, BCAAs, L-  
Glutamine, Tri Aminos & Level 1 Drink

*Substitute our Certified Vegetarian  
line for an additional \$2.00*

## CHILDREN'S MENU

### Smoothie (\$5.00)

12oz Healthy Smoothie of your choice

### Power Juice (\$3.00)

12oz Electrolyte Drink with Aloe

### Power Juice Flavors

Strawberry Watermelon Rainbow  
Candy Grape Blue Blast Cherry Bomb  
Ninja Juice Peach Crush Pineapple

*Add An Immunity Booster (\$2.50)*

## BULLETPROOF MENU

### Slim Cookie (\$6.00)

198 Cal : 5g Net Carbs : 15.5g Fat : 28.5g  
Protein

### Jet Fuel Coffee (\$5.00)

178 Cal : 11g Net Carbs : 17.5g Fat : 19.5g  
Protein

### Iced Berries 'n Cream (\$5.00)

148 Cal : 9g Net Carbs : 14g Fat : 19.5g  
Protein

### Iced Peaches 'n Cream (\$5.00)

148 Cal : 9g Net Carbs : 14g Fat : 19.5g  
Protein

*SOME OF OUR SHAKES ARE MADE WITH PEANUTS OR TREE NUTS.  
PLEASE LET US KNOW OF ANY FOOD ALLERGIES.*

## Meal Replacement Shakes \$6.00

16oz Healthy meal, 24g Protein, 21 Vitamins and Minerals, 200-350 Calories

### THE TOP 10

Banana Nut Bread  
Fried Ice Cream  
Orange Dreamsicle \$  
Peanut Butter Cup  
Turtle Cheesecake  
Peanut Butter Waffle  
Blueberry Muffin  
Java Lava  
Brownie Batter  
Lemon Pound Cake

### VANILLA

Cookies N' Cream  
Bit-O-Honey  
Cookie Dough  
Key Lime \$  
Wedding Cake  
Cinnamon Toast Cheesecake  
Pina Colada  
Oatmeal Cookie  
Cinnamon Roll  
Butter Pecan  
Apple Pie \$  
Pecan Pie  
Angel Food  
Snickerdoodle  
Maple Long John  
Pralines & Cream  
Salted Caramel  
Peach Cobbler  
Sugar Cookie  
White Chocolate Snickers  
Mint Chocolate

### CHOCOLATE

Butterfinger  
Snickers  
S'mores  
Ferrero Rocher  
Samoa  
Mudslide  
No Bake Cookie  
Puppy Chow  
Red Velvet  
Chocolate Covered Cherry  
Thin Mint  
Chocolate Praline  
Twix

### PEANUT BUTTER

Peanut Butter Banana  
Banana Fosters  
Peanut Butter Cheesecake  
Peanut Oatmeal Cookie  
Nutter Butter  
Payday  
Peanut Brittle

### COFFEE LOVERS

Cafe' Latte  
Cafe' Mocha  
Caramel Macchiato  
Jamocha Macchiato  
Peanut Butter Latte

## PROTEIN COFFEE MENU

100-150 Cal : 15g Protein : 2g Sugar

Iced : OR : Hot (\$5.00)

Caramel House Blend

Mocha Cookie Espresso

Java Chip S'mores

Chocolate Coconut

*\*Upsize to 24oz - \$2.00\**

150-200 Cal : 22.5g Protein : 3g Sugar

## LEVEL 1 BEVERAGE \$3.00

16oz, 24oz or 32oz - 5 Calories 85mg Caffeine  
 Boosts Metabolism - Burns Calories -  
 Soothes Digestion

Original	Pomegranate
Chai	Peach
Cinnamon	Raspberry
Lemon	Peppermint (Relax Tea)

### No Caffeine:

Hydration Drink      Aloe Water  
 Collagen Supplement

## LEVEL 2 BEVERAGE \$5.50

16oz, 24oz or 32oz ) - 20 Calories 160mg Caffeine - Antioxidants  
 B & C Vitamins - Boosts Metabolism, Burns Calories, Soothes Digestion

Cherry Limeade	Strawberry Orange
Freedom	Strawberry Watermelon
Hot Tamale	Ninja Turtle
Pom-Pom	Triple Berry
Raspberry Limeade/Lemonade	Tropical Blast
Scary Mary	Watermelon Crawl
Strawberry Limeade/Lemonade	Lemon Berry

**\*Upsize any beverage to 24oz or 32oz - \$1\***

## LEVEL 3 BEVERAGE \$7.00

16oz, 24oz or 32oz - 20 Calories, up to 200mg Caffeine - Antioxidants - B & C Vitamins Mental  
 Focus or Heart Health - Boosts Metabolism, Burns Calories, Soothes Digestion

### Natural Guarana - Mental Focus

Athens	Southern Sunset	Purple Sweet Tart
Cimarron River	The Black Pearl	Route 66
Arnold Palmer	The Elite	Wonder Woman
Lake Days	Warhead	Strawberry Kiwi
Red Dirt Road	The 89er	Gummy Bear
Captain America	Lollipop	Pineapple Paradise
Blue Apple	Sour Patch	Cool Cucumber Lime
Aquaman	Christmas Tea	Pipeline

### Niteworks - Improves Blood Flow

Beachfront	The Eclipse
Deadpool 2	Orange Fanta
Now & Later	Peach Bellini
Mai Tai \$	Love Potion #9 \$
Everest	Maui Sunrise
Silly Bunny	Island Sun
Lemon Drop	Green Apple Watermelon
Plainsmen	Hawaiian Punch

## SNACKS

### Protein Cool-Aid (\$3.00)

Wild Berry or Peach Mango

70 Calories, 15g Protein, 0g Sugar

### Protein Bites (\$3.00)

120 Calories, 8g Protein

### Achieve Protein Bar (\$5.50)

230 Calories, 12g Fiber, 20g Protein

### Protein Bar Deluxe (\$3.00)

140 Calories, 1g Fiber, 10g Protein

**Make sure to check-in on social media!  
 @thelodgenutrition**

## BOOSTERS & UPGRADES

**Extra Protein (S) (\$2.00)** 15g Protein, 70 Calories

**Extra Fiber (S) (\$1.50)** 5g Fiber, 10-25 Calories

**Extra Liftoff (S)(T) (\$3.00)** 75mg Caffeine, B & C Vitamins,  
 Mental Alertness

**Fat Burner - Prolessa Shot (S) (\$5.00)** Hunger Control &  
 Fat Reduction

**New Mom Booster (S)(\$2.00)** Vitamins & Minerals for Moms

**Niteworks -(T) Healthy Heart (\$2.50)** Nitric Oxide  
 Booster, Antioxidants

**Probiotic(S)(T) (\$2.00)** Supports Gut & Digestive Health

**Electrolyte Drink (\$3.00)** Carbs, Bioavailable Electrolytes

**Best Defense Immune Booster(S)(T) (\$2.50)** Echinacea,  
 Vitamin C, Zinc

**Immunity Essentials (T) (\$2.50)** Echinacea, Vitamin C, Zinc

**Collagen Supplement (\$3.00)** Hair, Skin, Nail, Joint  
 Rejuvenation

**Additional shake/tea flavorings (\$0.25)**