

HIIT Waffle Protein Bar

Caffeine & Protein Bar

High Protein Waffles

Crafted with Almond Flour & Organic Rolled Oats

Mix Waffle

\$12.90

Serving Size: 2 Pieces

Ingredients: 1 Egg + 3 Eggs White, High Protein Lactose Free Milk 0% M.F., Organic Rolled Oats, Almond Flour.

Toppings: Fresh Strawberry, Banana, Blueberry, Special Protein Sauce.

Kcal - 527

Macronutrients: ·Proteins: 35g. ·Carbs: 58g. ·Fats: 22 g.

Choco Keto Waffle

\$13.90

Serving Size: 2 Pieces

Ingredients: 2 Egg + 1 Eggs White, High Protein Lactose Free Milk 0% M.F., Almond Flour, Cocoa.

Toppings: Fresh Strawberry, Banana, Blueberry, Special Protein Sauce.

Kcal - 629

Macronutrients: ·Proteins: 48g. ·Carbs: 28g. ·Fats: 43 g.

Whole Wheat Waffle

\$13.49

Serving Size: 2 Pieces

Ingredients: 1 Egg + 3 Eggs White, High Protein Lactose Free Milk 0% M.F., Organic Rolled Oats, Almond Flour, Wheat Bran, Chia Seeds, Flaxseed.

Toppings: Fresh Strawberry, Banana, Blueberry, Special Protein Sauce.

Kcal - 652

Macronutrients: ·Proteins: 48g. ·Carbs: 41g. ·Fats: 25 g.

Protein Coffees

Caffeine with a Clean Kick

Protein Latte

\$7.49

Serving Size: 12 oz. / Hot

Ingredients: Vanilla Whey Gold Protein, Steamed High Protein Lactose Free Milk 0% M.F., 2 Espresso Shots, Cocoa.

Macronutrients: ·Proteins: 35.2 g.

Iced Protein Espresso

\$7.99

Serving Size: 16 oz. / Iced

Ingredients: Vanilla Whey Gold Protein, High Protein Lactose Free Milk 0% M.F., 2 Espresso Shots, Cocoa

Macronutrients: ·Proteins: 32.5 g.

Cold Brew Protein Float

\$7.99

Serving Size: 16 oz./ Iced

Ingredients: Vanilla Whey Gold Protein, High Protein Lactose Free Milk 0% M.F., Cold Brew, Cocoa, Coconut Whipped Cream.

Macronutrients: ·Proteins: 30 g.

Drinks

Water / Bottle

\$1.00

Gatorade Zero Sugar

\$1.99

Red Bull

\$2.99

ELITE VEIN PROTEIN BAR

CAFE &

HIGH PROTEIN MILKSHAKES

Based on milk and protein of the customer's choice. calories and macronutrients may vary and are calculated considering different options.

BANANA

\$10.60

SERVING SIZE: 24 OZ.

INGREDIENTS: VANILLA WHEY GOLD PROTEIN, HIGH PROTEIN LACTOSE FREE MILK 0% M.F., BANANA, ORGANIC ROLLED OATS, PEANUT BUTTER.

KCAL - 462

MACRONUTRIENTS: ·PROTEINS: 45G. ·CARBS: 41 G. ·FATS: 13 G.

STRAWBERRY

\$11.90

SERVING SIZE: 24 OZ.

INGREDIENTS: STRAWBERRY ISO GOLD PROTEIN, ALMOND MILK NO SUGAR, STRAWBERRY, ORGANIC ROLLED OATS, WHEAT BRAN, CHIA, ALMOND BUTTER.

KCAL - 364

MACRONUTRIENTS: ·PROTEINS: 35G. ·CARBS: 39 G. ·FATS: 12 G.

KETO CHOCOLATE

\$10.90

SERVING SIZE: 24 OZ.

INGREDIENTS: CHOCOLATE ISO GOLD PROTEIN, HIGH PROTEIN LACTOSE FREE MILK 0% M.F., COCOA, PECANS.

KCAL - 374

MACRONUTRIENTS: ·PROTEINS: 43G. ·CARBS: 17 G. ·FATS: 12 G.

VEGAN PINEAPPLE - COCONUT

\$9.49

SERVING SIZE: 24 OZ.

INGREDIENTS: VANILLA VEGAN PROTEIN, COCONUT MILK NO SUGAR, SHREDDED COCONUT, QUINOA.

KCAL - 355

MACRONUTRIENTS: ·PROTEINS: 20G. ·CARBS: 45 G. ·FATS: 8.5 G.

ALKALINE JUICES

With essential amino acids, high in fiber and vitamins - Suitable for vegans

BEET

\$10.90

SERVING SIZE: 24 OZ.

INGREDIENTS: GRAPE ESSENTIAL AMINO ACIDS, MINERAL WATER, BEET, SPINACH, CELERY, PEAR, GINGER ROOT.

KCAL: - 100

MACRONUTRIENTS: ·PROTEINS: 3 G. ·CARBS: 25 G. ·FATS: 0 G. ·EAA: 8,750 MG.

GREEN APPLE

\$9.90

SERVING SIZE: 24 OZ.

INGREDIENTS: PINK LEMONADE ESSENTIAL AMINO ACIDS, MINERAL WATER, SPINACH, CELERY, GREEN APPLE, CUCUMBER.

KCAL: - 53

MACRONUTRIENTS: · PROTEINS: 1 G. · CARBS: 13 G. · FATS: 0 G. · EAA: 8,750 MG.

PINEAPPLE

\$8.49

SERVING SIZE: 24 OZ.

INGREDIENTS: PINEAPPLE PASSION ESSENTIAL AMINO ACIDS, MINERAL WATER, FRESH PINEAPPLE, AVOCADO, MATCHA.

KCAL: - 154

MACRONUTRIENTS: · PROTEINS: 1 G. · CARBS: 23 G. · FATS: 6 G. · EAA: 8,750 MG.

ORANGE

\$12.90

SERVING SIZE: 24 OZ.

INGREDIENTS: PEACH MANGO ESSENTIAL AMINO ACIDS, MINERAL WATER, FRESH ORANGE, MINT, FLAXSEED.

KCAL: - 129

MACRONUTRIENTS: · PROTEINS: 1 G. · CARBS: 31 G. · FATS: 2 G. · EAA: 8,750 MG.

ELI VE N CAFE & PROTEIN BAR

HIGH PROTEIN GREEK YOGURT FRUIT

Made with Whey Gold PROTEIN & Greek Yogurt 0% M.F

APPLE BOWL

\$11.90

SERVING SIZE: 20 OZ.

INGREDIENTS: VANILLA WHEY GOLD PROTEIN, RED APPLE, 0% M.F. GREEK YOGURT, ORGANIC ROLLED OATS, QUINOA, WHEAT BRAN.

TOPPINGS: APPLE, BLUEBERRY, CINNAMON, PECANS.

KCAL - 441

MACRONUTRIENTS: • PROTEINS: 37 G.
• CARBS: 60 G. • FATS: 9 G.

BERRIES BOWL

\$13.70

SERVING SIZE: 20 OZ.

INGREDIENTS: VANILLA WHEY GOLD PROTEIN, STRAWBERRY, BLUEBERRY, 0% M.F. GREEK YOGURT, ORGANIC ROLLED OATS, QUINOA, WHEAT BRAN.

TOPPINGS: STRAWBERRY, BLUEBERRY, CINNAMON, PISTACHIOS, FLAXSEED.

KCAL - 452

MACRONUTRIENTS: • PROTEINS: 38 G.
• CARBS: 60 G. • FATS: 6 G.

PEAR BOWL

\$13.40

SERVING SIZE: 20 OZ.

INGREDIENTS: VANILLA WHEY GOLD PROTEIN, PEAR, 0% M.F. GREEK YOGURT, ORGANIC ROLLED OATS, QUINOA, WHEAT BRAN.

TOPPINGS: PEAR, BLUEBERRY, CHIA SEED.

KCAL - 412

MACRONUTRIENTS: • PROTEINS: 39 G.
• CARBS: 66 G. • FATS: 8 G.

HIGH PROTEIN OVERNIGHT OATMEAL

Made with PROTEIN Powder – Gluten Free

BANANA – PEANUT

\$7.49

SERVING SIZE: 16 OZ.

INGREDIENTS: VANILLA ISO GOLD PROTEIN, ORGANIC ROLLED OATS, HIGH PROTEIN LACTOSE FREE MILK 0% M.F., BANANA, PEANUT BUTTER, CHIA SEEDS.

TOPPINGS: BANANA, PEANUTS.

KCAL - 430

MACRONUTRIENTS: • PROTEINS: 30 G.
• CARBS: 50 G. • FATS: 14 G.

STRAWBERRY – CHOCOLATE

\$8.99

SERVING SIZE: 16 OZ.

INGREDIENTS: CHOCOLATE WHEY GOLD PROTEIN, ORGANIC ROLLED OATS, ALMOND MILK NO SUGAR, CACAO POWDER, STRAWBERRY, CHIA SEEDS.

TOPPINGS: STRAWBERRY, CHOCOLATE CHIPS 70% CACAO, PECANS.

KCAL - 305

MACRONUTRIENTS: • PROTEINS: 19 G.
• CARBS: 31 G. • FATS: 14 G.

VEGAN BLUEBERRY

\$6.90

SERVING SIZE: 16 OZ.

INGREDIENTS: VANILLA VEGAN PROTEIN, ORGANIC ROLLED OATS, ORGANIC SOY MILK, ALMOND BUTTER, BLUEBERRY, CHIA SEEDS.

TOPPINGS: BLUEBERRY, SUNFLOWER SEED.

KCAL - 340

MACRONUTRIENTS: • PROTEINS: 23 G.
• CARBS: 30 G. • FATS: 15 G.

VEGAN APPLE

\$6.90

SERVING SIZE: 16 OZ.

INGREDIENTS: VANILLA VEGAN PROTEIN, ORGANIC ROLLED OATS, ALMOND MILK NO SUGAR, APPLE, CHIA SEEDS, ORGANIC RAISINS.

TOPPINGS: APPLE, PECANS, CINNAMON.

KCAL - 347

MACRONUTRIENTS: • PROTEINS: 17 G.
• CARBS: 44 G. • FATS: 14 G.