

Better Nutrition

Live your best life!



1308 E. Gentry Parkway
Tyler Texas 75702

Smoothies

17 grams Protein \$7
24 grams Protein \$9



**Banana
Caramel**



*Dulce de
Leche*



**Strawberry
Cheesecake**



*Cookies &
Cream*



**Reese's
Peanut
Butter**



*Mango
Pineapple*



**Mint
Chip**



*Butter
Pecan*

More

Smoothies

17 grams Protein \$7

24 grams Protein \$9

MORE...

French Vanilla

Dutch Chocolate

Pralines & Cream

Cafe Latte

Wild Berry

Piña Colada

Orange Cream

Dark Chocolate

Coconut

COFFEE SMOOTHIES +\$3

House blend Latte

Pumkin Spice Latte

Chocolate Mocha

Cafe Dulce de Leche

COLLAGEN +\$3 SMOOTHIES

Strawberry Swirl

Berry Beauty

Mango Pineapple Parfait

Strawberry Pina Colada

Orange Cream Swirl

Energy Drinks

\$8

24OZ

\$10

32OZ

Energy, Mental Alertness,
Good Digestion , & puts you in a
GREAT MOOD!!



Captain America



Cucumber Lime



Mexican Sunrise



Mexican Lollipop



Pineapple Push



Pineapple Coconut



Peach Blast



Dragon Fruit



Passion Fruit



Gummy Bear

What is in an Energy Drink?

**SUPPORTING B VITAMINS
VITAMIN C
ANTIOXIDANT SUPPORT
PANAX GINSENG
GUARANA
160MG OF CAFFEINE**

THE BENEFITS:
MENTAL CLARITY
ALERTNESS
BOOSTS METABOLISM
ENERGY WITHOUT THE CRASH

**Puts you in
a Great Mood!**

PROTEIN WAFFLES

Original
Banana Caramel
Chocolate Chip

\$8



PROTEIN CHURROS

\$8

PROTEIN COFFEE

100 CALORIES | 1-2 G SUGAR

	16oz	24oz
House Blend	\$6	\$9
Mocha Blend	15 gr	22 gr
Caramel macchiato		
Frappe or Over Ice		
Vanilla		\$9
Mocha		22 gr
Dirty Chai	\$8	\$11
	15 gr	22 gr
Skinny Coffee		\$12
Skinny Horchata		

Cold or
Warm

POWER UP WITH A *Iced Protein Coffee*

**15G PROTEIN
100 CALORIES
80MG CAFFEINE
LESS THAN 2G SUGAR**

**FAT REDUCTION SHOT
AS A CREAMER**



Love Our Menu?

**ASK US HOW YOU CAN
MAKE IT AT HOME WITH
A DISCOUNT.**

**GAIN ACCESS TO
ALL OF OUR RECIPES.**

