



SHAKE MENU

SHAKES

TROPICAL SUNRISE

Mango, Pineapple, Coconut Water,
Vanilla Protein Powder

\$7.00

PB AND J JAMMER

Almond Milk, Strawberry, Blueberry,
Chocolate Protein Powder, & Peanut Butter

\$7.00

PRE-WORKOUT SHAKES

STRONG SAUCE

Base Reign, Pineapple, Strawberry,
Mango & Vanilla Protein Powder

\$8.00

BRAY'S BOMB

Base Rainbow Bio Steel, Mango,
& Vanilla Protein Powder

\$8.00

BOTTLES

500ML

\$1.00

SMARTWATER 1.5L

\$5.00

DISTILLED WATER 4L

\$5.00

BIO STEEL

\$5.00

COCONUT WATER

\$6.00

REIGN ENERGY DRINK

\$5.00

PRIME

\$5.00

KARMA

\$6.00

MEAL REPLACEMENT

ROCKY BALBOA

Almond Milk, 2 Raw Eggs, Blueberries,
Pineapple, Strawberry, Peanut butter & Banana

\$8.00

MUSCLE BATTER

Almond Milk, Strawberry, Blueberry,
Pineapple, Peanut Butter & Chocolate
Or Vanilla Protein Powder

\$8.00