JBN KITCHEN

## PROTEIN SHAKES

| | Cal | Carbs | Protein | Price |
|---|---|---|---|---|
| **San Diego Shake**<br>*Skim milk, banana, peanut butter, whey protein powder.* | 498 | 45 | 58 | 65 000 |
| **Frozen Monkey Shake (500 ml)**<br>*Skim milk, banana, oeats, whey protein powder* | 554 | 69 | 59 | 70 000 |
| **Cinnamon Shake (500 ml)**<br>*Banana, skim milk, cinnamon protein powder, peanut butter.* | 391 | 43 | 38 | 68 000 |
| **Triple C Shake (500 ml)**<br>*Chocolate whey protein powder, coffee, low fat milk, caramel creamer.* | 398 | 13 | 58 | 65 000 |

For your order
81 280 911

Opening Hours
07:00 am - 10:00 pm

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| Sa | 498 | 45 | 58 | 65 000 |
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*milk, caramel creamer.*

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