

Menu

Prices: £2.50 – 8.99

Breakfast



Vanilla Coffee Shake

Replace your sugar-filled blended drink from the coffee shop with this healthier, protein-packed version.



Oatmeal Shake

Now you can drink your oatmeal—because who has time for chewing in the morning?



Almond Blast Shake

This hearty protein shake will take you through whatever your morning throws at you.

Lunch



Caramel Hazelnut Shake

Creamer isn't just for coffee—it's a game changer for your protein shakes.



Chocolate Coffee Shake

There's nothing better than an iced mocha—except one that will help you get swole.



Peanut Butter Shake

You don't have to give up dessert when you're chasing gains—just do it right.

Shots



Ginger Shot

Improves brain function, strengthens your immunity... it can even get rid of your migraine!



Apple Vinegar Shot

If you need a morning pick-me-up, this shot of this apple pie vinegar shot will wake you right up.



Grapefruit Shot

This ruby red shot will put a smile on any grump's face.

All Day



Wild Berry shake

The berries in this recipe pack a lot of fiber to keep you full longer than a simple protein powder shake.



Strawberry Energy Shake

This triple hitter of protein, fiber, and healthy fats will keep you deliciously full for hours.



Tropical Punch Shake

Absolutely the most fun way to take your multivitamin.