

## 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.

### 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.

### 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.

### 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.