

# Lytle Nutrition

## Regular Teas \$4

- Raspberry
- Lemon
- Peach
- Chai
- Pomegranate
- NRG
- Original

## Pre-Workout \$6

- Mango
- Watermelon

## Pre-Workout plus\$10

- Summer Sun  
(watermelon,Tropical)
- Prickly Melon  
(watermelon, Pom)
- Mango buzz  
(mango,Tropical)

## Lit Teas \$8

- Mango Explosion  
(Pomegranate)
- Wonder Woman  
(Lime)
- Captain America  
(Pomegranate)
- Texas Sunset  
(Tropical)
- Watermelon Cooler  
(Lime)
- Volcano  
(Orange)
- Boss Babe  
(Pomegranate)
- Sandia Fresca  
(Lime)
- Piña Loca  
(Lime)
- Lemon Berry  
(Lime)
- Whatchumacallit  
(Lime)
- Hawaiian Paradise  
(Tropical)
- Tropical Sunrise  
(Tropical)
- Peach Ring  
(Orange)
- Strawberry Explosion  
(Pomegranate)

## Tea Bomb \$10

- Raspberry Treasure  
(Rasp+ Beauty)
- Fireade  
(Bev,Pom)
- Triple Berry Blast  
(Bev,Beauty, Trop)
- Cupid Tea  
(Pom,Beauty,Strawberry)
- Mangonada  
(Bev,Orange)
- Medicine Ball  
(pro,Imm,Nrg)
- Irish Kiss  
(Lime, Beauty)
- Desert Peach  
(Bev,Beauty,Trop)
- Hydrating Hi-C  
(H2O,Orange,Lemon)
- Sunny D  
(Orange, BD)
- Nola  
(Bev,Beauty,Peach)



#### Smoothie Bowls \$8

- Strawberry Shortcake
  - Piña Colada
- Blueberry Banana
- Strawberry Banana
- Chocolate Avocado
  - Sundae Crunch
  - Pecan Bowl

#### Oatmeal bowl \$5

- Banana
- Strawberry
  - Pecan
- Blueberry

#### Waffles \$8

- Chocolate
  - Dulce
- Birthday Cake
- Strawberry
  - Banana
  - Pecan

#### Iced Coffee \$5

- Hazelnut
  - Caramel
- Cinnamon Vanilla
  - House-Blend
  - Mocha

# LYTLE Nutrition

## Vanilla \$7

- Strawberry Cheesecake
- Raspberry Cheesecake
- Blueberry Cheesecake
  - Butter Pecan
- Banana Cream Pie
  - Purple Haze
- Banana Cheesecake
  - White Raspberry
  - Lemon Cookie

## Dulce De Leche \$7

- Pecan Pie
  - PB Cup
- Caramel Nut Cluster
  - Churro
- Cinnamon Toast
- Pumpkin Latte
- Cinderella Frap
- Matcha Latte

## CookiesNCream \$7

- Lucky Charm
- Banana Spit
  - PB Cookie
- Blueberry Muffin
- Captain Crunch
- Peach Cobbler
- Chocolate Cheesecake
  - Oatmeal Cookie
  - B-Day Cake
  - Oreo

## Cafe Latte \$7

- S'mores
- Double Chocolate
  - Coco Mo
- Banana Walnut
  - Mocha
- Caramel Cafe

## Banana Caramel \$7

- Salted Banana Caramel
  - Chunky Monkey
  - Banana Bread

## Chocolate \$7

- Chocolate Banana
  - Fudge Brownie
- Banana Fudge Bomb
  - Twix
- Dirty Pretzel
- Butterfinger
- Caramel Mocha
  - PB Oreo
- German Chocolate
- Chocolate Berry

## Fruity \$7

- Fruity Pebbles
- Tropical Pineapple
  - Fruit Topia
- Banana Coconut
- Bahama Breeze
- Strawberry Piña
  - Hawaiian Luau
- Choco-Pineapple