

COMBOS

Shake vitamins and minerals that make up a healthy meal
Tea energy and aids in absorption of nutrients

Regular Regular tea with shake	\$15
Mega Mega tea with shake	+\$2
Fat Burning Mega combo + FAT REDUCING shot	+\$3

COFFEE

House Iced or Mocha Hot

Regular	\$6
Mega	+\$4
Fat Reducing Creamer	+\$3

SHOTS

Ask our staff about each benefit.

Immunity	\$5
Healthy Gut	\$5
Fat Reducing	\$5

KIDDOS

Loaded with Vitamin C and minerals for hydration

Moana Tropical Blue Raspberry	\$5
Patrick Star Watermelon Berry	\$5
Iron Man Orange Strawberry	\$5



Teas

REGULAR TEA \$7

BOOST YOUR ENERGY WITH A BLEND OF GREEN AND BLACK TEAS AND A BOOST OF B VITAMINS.

Feelin' **Watermelon Jollyrancher** **Gummy Bear** **Arnold Palmer**

Peachy MEGA TEA \$10

DOUBLE YOUR ENERGY AND AID YOUR BODY IN ITS NATURAL FUNCTIONS WITH ADDED ENHANCERS.

Pucker Up (Lemonade)
Improves circulation

Pretty n Pink (Strawberry Dragon Fruit Lemonade)
Strengthen hair, skin, nails, & reduce inflammation

Beach Babe (Pineapple Coconut)
Improves circulation, reduces bloating, & digestion

The Hulk (Sour Green Apple)
BCAAs to reduce muscle fatigue and breakdown

Mango Sunrise (Mango Peach)
15g of protein

HOT TEA \$5

Combination of tea and aloe, helps burn calories, aids with digestion and gives energy.

TEA

Lemon Chai Peach Raspberry Cinnamon

ALOE

Cranberry Mango Mandarin

Text 678-584-3278 for curbside and delivery

WORKOUT

POST

The Yeti PB and Banana	\$10
The Spartan Mocha Frappe	\$10
Strawberry Strength Strawberry Shortcake	\$10

PRE

The Activator Watermelo	\$6
BCAA	+\$3
Nitric Oxide	+\$3

VEGAN FRIENDLY

25g of pea, quinoa, and rice protein, plus vitamins and minerals that make up a healthy meal

Choco Peanut	\$8
Vanilla	\$8
Tropical Vibes	\$8

BITES

Gluten Free upon request

WAFFLES \$10

DONUTS

SIX	\$9
TWELVE	\$12

BOWLS

AÇAÍ \$10

PITAYA \$10

PEANUT BUTTER +\$1

EXTRA TOPPINGS +\$1

Shakes

GF - Gluten Free upon request

SHAKES \$8

24G OF PLANT BASED PROTEIN, PLUS 21 VITAMINS AND MINERALS THAT MAKE UP A HEALTHY MEAL

Cafe with a Kick (GF)
Mocha

Oreo Explosion
Cookies & Cream

Mint Oreo Cheesecake
Mint and Chocolate

Key Lime Pie
Lime and Vanilla

White Snickers
White Chocolate, and PB

The Razz
Raspberry Cheesecake

Churro (GF)
Cinnamon and Sugar

Chunky Monkey (GF)
PB, Chocolate, and Banana

Reeses (GF)
PB and Chocolate

Yabba Dabba Doo (GF)
Berry and Orange cream

Birthday Cake (GF)
Cake Batter

TOPPINGS

Pick up to 4 toppings

Bowls: Blueberries, Strawberries, Banana, Coconut Flakes (GF), Dark Chocolate Chips (GF), Chia Seeds (GF), Granola

Donut: Churro, Oreo, S'mores, Reese's, Fruity Pebble (GF), Birthday Cake (GF), Coconut Caramel, Guava & Cheese

Waffle: Strawberries, Banana, Blueberries, Oreo, Fruity Pebbles, Reese's, Churro, S'mores, Pancake Syrup, Chocolate Syrup (GF), Caramel Syrup, Whipped Cream



ADD-ONS

Extra Protein	+\$3
Fiber	+\$3
Probiotic	+\$3

Nutrition Facts

SHAKES	Post Workout
250 calories	380 calories
24g protein	48g protein
18g carbs	32g carbs
9g sugar	19g sugar
Waffle	Smoothie Bowl
36g protein	25g protein
10.8g carbs	35 carbs
7.2g sugar	17g sugar
Donut (each)	Coffee
40 calories	15g of protein
6g protein per	100 calories
1.8g carbs per	2g of sugar
1.2g sugar per	
5g fiber per	