

LET'S START WITH THE BASICS

Aloe \$2.08 (choose one)

- Cranberry
- Mango
- Mandarin

Tea \$2.08 (choose one)

- Chai
- N-R-G
- Pomegranate
- Cinnamon
- Original
- Raspberry
- Sweet Ginger
- Lemon
- Peach
- Relaxation

Shake \$9.36 (choose one or two flavors)

- Banana Caramel
- Orange Cream
- Cafe Latte
- Pina Colada
- Cookies & Cream
- Pralines & Cream
- Dulce de Leche
- Wild Berry
- Dutch Chocolate
- Strawberry Cheesecake
- French Vanilla
- (s) Pumpkin Spice
- Mango Pineapple
- (s) Dark Chocolate Coconut
- Mint Chocolate

And don't forget!

Choose your protein:

Vanilla, Peanut Cookie, Chocolate

#UP2U COMBOS

\$12

Trusty Basic
Aloe + Tea + Shake

\$14

Supah Basic
Aloe + Tea + Supah

\$15

VIP
SpecialTea + Shake

\$17

Supah Special!
SpecialTea + Supah

\$14

Waffle Basic
Aloe + Tea + Waffle

\$17

Waff Special
SpecialTea + Waffle

\$15

Protein Bowl Basic
Aloe + Tea + Protein Bowl

\$18

Protein Bowl Special
SpecialTea + Protein Bowl

SUPAH SHAKES! \$12.48 (24oz.)

Oreo Explosion

Cookies & Cream, Vanilla

Fruity Pebbles

Wild Berry, Orange, Vanilla

Churro

Dulce de Leche, Vanilla, Chai

Caramel Pie

Dulce de Leche, Vanilla, Apple

Banana Split

Wild Berry, Banana, Vanilla

Cookie Dough

Cookies & Cream, Dulce de Leche, Vanilla

Strawberry Cheesecake

Strawberry Cheesecake, Vanilla

Caramel Frappe

Cafe Latte, Dulce de Leche, Vanilla

Minty Goodness

Mint Chocolate, Vanilla

Toasted Pralines Latte

Pralines & Cream, Cafe Latte, Vanilla

Captain Crunch

Pina Colada, Pralines & Cream, Vanilla

Mocha

Cafe Latte, Chocolate

Mango Pina

Mango Pineapple, Pina Colada, Vanilla

Banana Nut

Banana Caramel, Peanut Cookie

Key West

Strawberry Cheesecake, Mango Pineapple, Vanilla

Pumpkin Banana

Pumpkin Spice, Banana Caramel, Peanut Cookie

Thin Mint

Mint Chocolate, Dutch Chocolate, Chocolate

Brownie

Dutch Chocolate, Chocolate

Vanilla Bean

French Vanilla, Cookies & Cream, Vanilla

Rainbow

Pina Colada, Orange Cream, Vanilla

SPECIAL TEAS \$8.32 (24oz.)

• **Beach Bum**

Mandarin, Peach, Pineapple, Strawberry, Orange

• **Captain America**

Cranberry, Raspberry, Pomegranate, Blue Blast, Strawberry

• **Cotton Candy**

Mandarin, Raspberry, Pomegranate, Rainbow Candy, Watermelon

• **Watermelon Splash**

Cranberry, Raspberry, Pomegranate, Raspberry Lemonade, Watermelon

• **Cosmo & Wanda**

Cranberry, Lemon, Pomegranate, Green Apple, Tropical Punch

• **Fruit Rollup**

Mandarin, Raspberry, Orange, Strawberry, Watermelon

• **Sunset Crush**

Mango, Peach, Tropical, Peach, Orange

• **Hulk**

Mango, Lemon, Lemon, Green Apple, Grape

• **Tropic like it's hot!**

Mango, Peach, Tropical, Passion Fruit, Tropical Punch

• **Mango-Rita**

Mango, Peach, Lemon, Margarita, Mango

• **Miami Vice**

Mango, Raspberry, Pineapple, Strawberry, Coconut

• **Passion Fruit**

Mango, Raspberry, Pineapple, Passion Fruit, Peach

• **Peach Please!**

Mango, Peach, Orange, Peach, Orange

• **Razzmatazz**

Cranberry, Raspberry, Lemon, Raspberry Lemonade, Lemonade

• **Sex On The Beach**

Cranberry, Raspberry, Orange, Tropical Punch, Orange

• **Grape-A-Licious**

Mandarin, Raspberry, Pomegranate, Grape, Strawberry

• **Smurfs Up**

Mango, Lemon, Lemon, Blue Blast, Blue Raspberry

• **Cucumberita**

Cranberry, Raspberry, Pomegranate, Rainbow Candy, Cucumber Lime

• **Dragon Slayer**

Mandarin, Original, Blackberry, Dragonfruit, Strawberry Kiwi

• **Coco Melon**

Mango, Raspberry, Tropical, Watermelon, Coconut

INSANITEAS (32oz.)

- **Emerald \$11.44**
15g protein
- **Bad & Boujee \$11.44**
extra hydration
- **Summer Refresher \$10.40**
collagen
- **Triple Berry Blast \$13.52**
collagen, 15g protein
- **Feel Good \$12.48**
immunity, probiotic
- **Hydrating Hi-C \$11.44**
extra hydration
- **Pretty in Pink \$11.44**
collagen, 15g protein
- **Monster \$10.40**
electrolytes
- **Great Scott \$11.44**
double energy boost
- **Pink Starbust \$10.40**
collagen, 15g protein
- **Acai Refresher \$12.48**
electrolites
- **Orange Starbust \$11.44**
collagen, 15g protein
- **Cran-Apple \$11.44**
BCAAs
- **Strawberry Mango DaiquiTea \$11.44**
collagen
- **Leaky Teaki \$13.52**
extra hydration, vitamin C
- **Firecracker \$11.44**
collagen
- **Reborn \$14.56**
double energy boost, extra hydration
- **Gryffindor \$10.40**
collagen
- **Hufflepuff \$11.44**
15g protein
- **Ravenclaw \$10.40**
collagen, BCAAs
- **Slytherin \$10.40**
extra hydration
- **Amortentia \$11.44**
collagen, 15g protein
- **Polyjuice Potion \$13.52**
pre-workout
- **Sorcerer's Stone \$11.44**
extra hydration, 15g protein
- **Goblet of Fire \$10.40**
extra hydration
- **Golden Snitch \$10.40**
15g protein

ADD IT UP!

- Active Fiber (Apple, Tropical) \$2.08
- Probiotic \$2.08
- Protein Juice (Wild Berry, Peach Mango)
..... \$3.64
- Liftoff (Orange, Tropical, Pomegranate,
Lemon) \$3.64
- H24 Liftoff (Pineapple, Blackberry)
..... \$4.16
- Prolessa Duo (fat reducer) \$5.72
- Fat release (post meals) \$2.60
- Total Control (caffeine tablets) \$3.12
- Protein Chicken Soup \$4.16
- Collagen \$3.12
- Niteworks \$5.72
- H3O (Hydration) \$3.12
- Best Defense (Vit C booster) \$2.08
- Immunity Essentials \$2.08
- Protein Coffee (House Blend, Mocha,
Caramel Macchiato) \$5.20
- Protein Bars (10g protein) \$3.64
- Protein Bites (4g protein) \$2.60
- Soy Nuts (9g protein) \$2.08
- Extra protein (for Shakes) \$2.08

WORK IT OUT!

- Pre Workout \$5.20
- CR7 - electrolytes & energy \$4.16
- BCAAs \$3.12
- Post Workout * \$6.24
- Extra Protein \$3.12

*Mix it with your favorite shake flavor and make it a \$9.36

Post Workout Meal

MORE FOR YOU!

- TeaTox \$8.32
- ImmuniTea \$8.32
- Fat Reducing Drinks
 - * Cafe con Leche \$10.40
 - * Horchata \$14.56
 - * Venezuelan Chicha \$14.56
- Lava Shakes (meal & energy) \$13.52
(Dragon's Breath/ TropiC Boost/
CoColada/ SmoKey Lime)
- Up2U jugs \$26
(Aloe, Tea, Fiber, Liftoff, Protein Juice,
H₃O, Collagen)

- Protein Donuts - (ever other weekend only or by pre-order) \$3.12 each
- Protein Cake Pops (every other weekend) \$2.08
- Protein Churros (7-8) \$9.36
- Protein Waffles \$12.48
- Protein bowls \$13.52
 - * Acai Bowl
 - * Monkey Bowl
 - * Tropical Fusion Bowl

KIDS MENU

- Refresher- 5cal, no caffeine \$3.12
- Shake - 9g-17g protein \$4.16 - \$6.24

VEGAN LINE

- Protein (Chocolate, Classic) \$5.20
- Immune Support \$3.12
- Greens Booster \$3.60
- Digestive Support \$2.60