

# Supah Shake \$12.48

**\*\* NOT GLUTEN FREE**

STRAWBERRY CHEESECAKE



CARAMEL FRAPPE



FRUITY PEBBLES



MOCHA



PUMPKIN BANANA



\*\* VANILLA BEAN



KEY WEST



BANANA SPLIT



\*\* MINTY GOODNESS



MANGO PINA



\*\* THIN MINT



\*\* OREO EXPLOSION



BROWNIE



BANANA NUT



CAPTAIN CRUNCH



RAINBOW



\*\* COOKIE DOUGH



CARAMEL PIE



CHURRO



TOASTED PRALINES LATTE

**QUICK MEAL REPLACEMENT FOR HEALTHY NUTRITION AND WEIGHT MANAGEMENT**

~ 260-280 CALORIES (VARY WITH TOPPINGS)

6G FATS

25G CARBS - 10G FIBER

11G SUGAR (LOW G.I)

32G PROTEIN

+21 VITAMINS & MINERALS

(VITAMINS A, C, E, D, B12, CALCIUM, IRON, POTASSIUM)

## Protein Iced Coffee \$5.20

80MG CAFFEINE

15G PROTEIN,

2G SUGAR,

100 CALORIES



*Make it a cafe con leche adding our fat reducing shot as a creamer*



**FLAVORS:**

- House Blend
- Mocha
- Salted Caramel