



Protein **SHAKES**

24g of PROTEIN - VITAMIN & MINERAL BLEND - UNDER 300 CAL

oreo strawberry ck.

★churro mango colada

reese's chocomadness

smore's birthday cake

Protein **WAFFLES**

30g of PROTEIN - FIBER & PROBIOTICS- UNDER 400 CAL

regular- 2 toppings, 1 syrup, whipped cream, powdered sugar

★brownie- chocolate waffle, chocolate chips, nutella, whipped cream, powdered sugar

funfetti - birthday sprinkles, condensed milk, whipped cream, powdered sugar

Protein **AÇAÍ BOWL**

15g of PROTEIN - VITAMINS-ANTIOXIDANTS- UNDER 500 CAL (VEGAN OPTION AVAILABLE)

açaí with a mixed berries blend, granola, strawberries, blueberries, banana, coconut flakes, organic honey.

- SOME MENU ITEMS MAY CONTAIN NUTS, EGGS, DAIRY, OR CAFFEINE

★-vibe-n-thrives favorites

Energy **REFRESHERS**

HERBAL TEA- ALOE VERA- VITAMIN& ANTIOXIDANT BLEND

★coconutsy blast love

green island bluenetic

feel better peach boost

★raspberry limeade

Protein **MINI DONUTS**

3g of PROTEIN PER DONUT - 30 CALORIES PER DONUT

Pick two flavor for 6 donuts!

rainbow sprinkles, chocolate, nutella, oreo, cinnamon crunch, coconut, fried banana caramel, pecan/almond

Protein **COFFEE/CHAI**

15g of PROTEIN- UNDER 250 CAL - ICED OR HOT

★house blend mocha

★chai latte

Add-Ons

- collagen
- fiber
- protein
- probiotics
- vitamin c
- lift off
- vitamin booster
- hunger control
- nitric acid
- aloe vera
- immunity shot

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★-vibe-n-thrives favorites