



**24 oz Smoothies  
\$10.50**

**Power Latte**

Banana, espresso, almond milk, vanilla protein powder

**Toasted Coconut**

Banana, coconut flakes, coconut milk, vanilla protein powder

**PB & Berry**

Mixed berries, PB2, almond milk, vanilla protein powder

**Pina Colada**

Banana, pineapple, coconut flakes, coconut milk, vanilla protein powder

**Chunky Monkey**

Banana, PB2, almond milk, chocolate protein powder

**Oatmeal Cookie**

Banana, oats, flax, cinnamon, almond milk, vanilla protein powder

**Banana Nut**

Banana, almonds, flax, cinnamon, almond milk, vanilla protein powder

**Almond Joy**

Banana, coconut flakes, almonds, coconut milk, chocolate protein powder

**Lean Green**

Pineapple, kale/spinach blend, flax, almond milk, vanilla protein powder

**Power Blend**

Blueberries, kale/spinach blend, PB2, coconut milk, vanilla protein powder

**Create-A-Shake**

Base (Choose 1 per smoothie)

Unsweetened Almond Milk  
Coconut Milk  
Water

Protein Powder (1 scoop)

Vanilla Whey  
Chocolate Whey  
Vanilla Plant Based

Fruit/Veggie (Choose 2 per smoothie)

Banana                      Blueberries  
Mixed Berries            Kale/Spinach  
Pineapple                   Coconut

Add-in (choose 1)

Almonds            PB2  
Espresso           Oats  
Ground Flax

**Supplements (\$2.00 each)**

Pre-Workout    BCAA's  
Glutamine        Creatine  
Acai (frozen)

**\$2 charge for extra protein scoop  
\$1.50 charge for any extra add-in or serving of fruit**



17 S Fort Lauderdale Beach Blvd R134  
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**ACAI BOWLS**  
**\$11.50**

**Brazilian Bowl**

Acai blended with banana, PB2, and almond milk. Topped with banana, strawberries, and granola.

**Berry Bowl**

Acai blended with mixed berries and almond milk. Topped with blueberries, coconut flakes, granola, and cocoa nibs.

**Add-In**

- 1 scoop whey or plant protein \$2
- 1 cup Spinach/Kale \$1.50
- 2 Tbsp Almonds \$1.50
- 1 Tbsp Ground Flax \$1.50
- 1 Tbsp Cocoa Nibs \$1.50
- PB2 \$1.50
- Extra fruit \$1.50

**Cold Pressed Juice**

Powered by Dr. Juice

**16 oz Green Pulse \$10.50**

Cucumber, celery, kale, spinach, parsley, cilantro, green apple, lemon

**16 oz Mini Cleanser \$10.50**

Green apple, grapefruit, red apple, kale, beets, lemon

**4 oz Shot \$6**

Coconut water, ginger, turmeric, honey,

**Healthy to Go Meals**

Powered by Athletics Fit Meal

- Breakfast \$10
- Wrap \$10
- Meal \$11.50



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