

# SPRING MENU

*Seasonal Shakes | 20oz. -*

## **CHERRY VANILLA**

*Cherries, Cranberries, Banana,  
Beets, Vanilla & 'Get Lean'  
with 10g Vanilla Whey Protein*

## **SHAMROCKIN'**

*Unsweetened Almond Milk, Mint,  
Matcha Green Tea & Chocolate Chips  
with 30g Vanilla Whey Protein*

## **TRAIL MIX LITE**

*Unsweetened Almond Milk,  
Apple Cinnamon Granola,  
Almond Butter, Banana & Cinnamon  
with 30g Vanilla Whey Protein*

## **NO GUILT**

## **LEMON MERINGUE**

*Choice of Liquid, Banana, Yogurt,  
Lemon, Flax Seed Oil & 'Get Regular'  
with 30g Vanilla Whey Protein*

## **GRAND SLAM**

*Unsweetened Almond Milk,  
Organic Caramel, Sea Salt,  
PB Lite & Vanilla  
with 20g Vanilla Whey Protein*

## **MATCHA CREAM**

*Unsweetened Almond Milk, Banana,  
Matcha Green Tea & Yogurt  
with 20g Vanilla Whey Protein*