

SPORTS NUTRITION

PRE-WORKOUT

16oz
nitric oxide supports blood flow
2.1g creatine
l-arginine
100mg caffeine

POST WORKOUT

16oz
24g whey&casein protein
bcaas, triglycerides, l-glutamine

ELECTROLYTES

16oz
320mg vital electrolytes

Tropical Mango
Watermelon

Chocolate
Strawberry
Vanilla

Acai Berry
Orange

choice of aloe: cranberry,
mandarin, mango

KIDS

Boosted Teas*

Moana

pomegranate, cranberry, green apple, watermelon

Spiderman

pomegranate, cranberry, blue blast, cherry

Nemo

orange, mandarin, pineapple

*contains 75mg of caffeine

Popping Pearls for a fun burst of flavor

Refreshers

Mermaid

orange, mandarin, blue blast

Barbie

acai berry, cranberry, strawberry

Captain America

acai berry, cranberry, strawberry, blue blast

Iron Man

orange, mandarin, cherry, strawberry

BITES & TREATS

Protein Donuts

120 calories, 11g protein, 3g sugar,
2g fiber, 2g fat

*macros do not include
any toppings

Bulk pricing and GF options available

Protein Waffles

215 calories, 24g protein,
16g carbs, 10g sugar

Donut Shot

prolessa duo fat reduction
glazed or powered

Protein Cake Pops

68 calories, 5g protein

SMOOTHIES

Small (16oz, 17g P*)

Regular (24oz, 24g P*)

Mega (32oz, 36g P*)

*minimum protein per serving

FRUITY

Chunky Monkey

cookies & cream, banana, white chocolate, topped with graham crackers (contains gluten)

Fruity Pebbles

orange cream, wildberry, topped with fruity pebbles

Strawberry Banana

wildberry, banana caramel with strawberry drizzle

Macros for Regular Size Smoothies start at 300 calories, 24g protein, 4g fat, & 14g carbs. Add extra calories for powdered peanut butter, sugar free puddings, toppings & drizzles. Food allergies? Please inform when ordering.

BAKERY INSPIRED

Banana Bread

banana caramel with cinnamon

Brownie Batter

chocolate with chocolate chips & chocolate drizzle

Cinnabon

dulce de leche, cheesecake, cinnamon

SWEET TOOTH

Birthday Cake

vanilla, sf caramel syrup, sprinkles, caramel drizzle

Chocolate Chip Cookie Dough

vanilla, cookies & cream, cookie dough sf syrup, topped with chocolate chips & chocolate drizzle (contains gluten)

Java Chip

cafe latte, dulce de leche, white chocolate, topped with chocolate chips

Salted Caramel

chocolate, dulce de leche, salted caramel sf syrup, with caramel drizzle

Thin Mint

chocolate, mint chocolate, with chocolate drizzle, topped with mint cookie crumbles (contains gluten)

PEANUT BUTTER LOVERS

Banana Fosters

vanilla, banana caramel, cinnamon, sf caramel syrup, pb fit, caramel drizzle

Nutter Butter

peanut cookie, cookies & cream, dulce de leche, pb fit, peanut butter drizzle and topped with nuts

Reese's Peanut Butter Cup

peanut cookie, chocolate, pb fit, with chocolate and peanut butter drizzle

White Snickers

peanut cookie, cookies & cream, dulce de leche, pb fit, chocolate chips, peanuts and caramel drizzle

CONTAINS NUTS

ENHANCERS

b-vitamin (lemon-lime, orange, pomegranate, tropical)

beverage protein (15g, wild berry or peach mango)

collagen (strawberry lemonade)

fat reduction & hunger control

fat release

fiber (apple or unflavored) |

greens booster (vegan)

immune essentials | (vegan) probiotic

protein (extra 5g) | (extra 12g)

vitamin c

wellness shots (greens, immunity, digestion)

ALL PRICING INCLUDES TAX

BOOSTED TEAS

Small (16oz, 75mg*)
Regular (24oz, 160mg)
Mega (32oz, 200mg)

*mg (milligrams) of caffeine per serving

BERRY

Berry Good

pomegranate,raspberry,cranberry

Black Diamond

pomegranate,raspberry,cranberry,strawberry,
watermelon,blueblast,grape

Captain America

pomegranate,raspberry,cranberry,blue blast

Fruit Rollup

pomegranate,raspberry,cranberry,strawberry,
watermelon,cherry

LEMON LIME

Blue Lemon

lemonlime,lemon,mandarin,blue blast

Gushers

watermelon,blueblast
lemonlime,peach,strawberry,

Hulk Smash

lemon lime,raspberry,mango,blueblast, grape

Lemon Drop

lemon-lime,lemon,cranberry

GREEN TEAS & ALOE

Tea

chai, cinnamon,lemon,peach, raspberry

Aloe

cranberry,mandarin, mango

Small (16oz, 85mg)
Large (24oz, 125mg)

Macros for Regular Size Boosted Tea range between
20-40 calories, 4-7g carbs, <1g sugar

ORANGE

Bahama Mama

orange, peach, mango, pineapple, cherry

Louisville Sunrise

orange, peach, mandarin

Skittles

orange,raspberry,cranberry,cherry,grape

Taste The Rainbow

orange, lemon, cranberry, blue blast, cherry

TROPICAL

Starburst

tropical, raspberry,mandarin,strawberry,
watermelon,cherry

Surf's Up

tropical, lemon,mango,strawberry, pineapple,
coconut

PROTEIN COFFEE

Caramel
Macchiato
House Blend
Mocha

Small (16oz, 80mg)
Regular (24oz, 120mg)
Mega (32oz, 160mg)

Macros for Regular Coffee 100
cal, 15g protien, 1-2g sugar Add
any sugar free syrups to enhance
your flavor