

## Step 1: PICK YOUR COMBO

### MEGA TEA COMBO

32oz tea & 16oz smoothie

### DONUT SHOT COMBO

Mega tea combo & donut shot

### STANDARD TEA COMBO

24oz tea (no collagen) & 16oz smoothie

### DELUXE COFFEE COMBO

24oz coffee & donut shot

### KIDS COMBO

8oz tea & smoothie

## Step 2: PICK YOUR TEA

## Step 3: PICK YOUR SMOOTHIE

(FLIP TO SEE SMOOTHIE OPTIONS)

## KIDS BEVERAGES

Any of our teas and smoothies can be made in our kids size (8oz) and are caffeine-free. A tasty treat they'll be sure to love.

## FITNESS

### PRE-WORKOUT

Tropical or watermelon

### POST-WORKOUT

33g whey, casein, soy protein

### DURING WORKOUT

BCAAs & electrolytes in green apple or acai

Vanilla, strawberry or chocolate

## TEAS

Metabolism booster / 20 calories or less / 160mg of caffeine / sugar free

### BERRY BLAST

Cherry & blueberry

### BLACK MAMBA

Grape & dark berry limeade

### BLUE LEMON

Blueberry & lemon/lime

### CHERRY CELLO

Cherry & lemon/lime

### COCONUT CRUSH

Coconut, pineapple & orange

### COTTON CANDY

Pink vanilla & blue raspberry

### CUCUMBER MELON

Cucumber & watermelon

### GREEN JOLLY RANCHER

Green apple & lemon/lime

### HARVEST PUNCH

Cranberry, pineapple & orange

### PINEAPPLE WATERMELON

Perfect blend of both flavors

### PIÑA COLADA

Pineapple & coconut

### PINK STARBURST

Strawberry

### POM LEMONADE

Pomegranate & pink lemonade

### PURPLE ORCHID

Grape & strawberry

### STRAWBERRY LEMONADE

Perfect blend of both flavors

### THE PATRIOT

Cherry & blueberry

## ELIXIRS

Designed to assist with energy, immunity, healthy hair, skin & nails

### THE RECOVERY

Herbal tea, aloe for nutrient absorption & gut health, B12 for mental clarity & focus, electrolytes

70 calories / 160mg caffeine / 9g sugar

### COLLAGEN CRUSH

Strawberry lemonade with protein, collagen for healthy hair, skin & nails, and aloe for nutrient absorption

90 calories / caffeine-FREE / sugar free / 17g protein

### IMMUNI-TEA

Citrus beverage with vitamin C & D, herbal tea, B12 for mental clarity, echinacea & Epicor to strengthen immune system, aloe for nutrient absorption

40 calories / 160mg caffeine / sugar free

## PROTEIN COFFEE

### ICED OR HOT

100 calories / 15g protein / 80mg caffeine / 2g sugar

### HOUSE BLEND

### MOCHA

### CARAMEL MACCHIATO

## BOOSTERS

### FAT REDUCER

### PROBIOTIC

### FIBER

### IMMUNITY

### COLLAGEN

## SMOOTHIES

**Our delicious ice-cream flavored smoothies are complete meal replacements with 21 essential vitamins, minerals & nutrients**

Less than 350 calories / 24g plant-based protein / less than 15g of sugar / 5g fiber

## CHOCOLATE

Brownie Batter  
German Chocolate Cake  
Thin Mint  
Oreo  
S'Mores  
Snickers

## PEANUT BUTTER

Buckeye  
Chunky Monkey  
Nutterbutter Finger  
PB&J  
PB Cookie Dough

## COOKIES & CAKES

Birthday Cake  
Caramel Oreo Cheesecake  
Chocolate Cinnamon Roll  
Cinnamon Toast Crunch  
Lemon Pound Cake  
Pralines & Cream Cheesecake  
Red Velvet Cheesecake  
Samoa Cookie  
Snickerdoodle  
Strawberry Cheesecake  
Teddy Graham  
Turtle Cheesecake  
Vanilla Wafer  
White Chocolate Raspberry Cheesecake

## FRUITY

Banana Nut Bread  
Blueberry Muffin  
Fruity Pebbles  
Orange Dreamscicle  
Strawberry Banana  
Tropical Fruit

## COFFEE

Caramel Macchiato  
Coffee Cake  
Java Chip

## BOOSTERS

**EXTRA PROTEIN**  
**FIBER**