

## JUICES

### HAPPY CAMPER

Apple, Coconut, Pineapple, Beet & Ginger  
12-16oz

### TWISTED BEET

Beet, Carrots, Apples, Pineapple, Ginger & Lemon  
12-16oz

### THE DETOXIFIER

Beets, Carrots, Apples, Lemon & Ginger  
12-16oz

### SWEET CARROT

Carrot, Apple, Pineapple, Ginger & Lemon  
12-16oz

### ORANGE YOU GLAD

Orange, Carrot, Pineapple & Apple  
12-16oz

### MEAN GREEN

Cucumber, Kale, Celery, Apple, Ginger & Lemon  
12-16oz

## SMOOTHIES

### THE ENERGIZER

Blueberry, Strawberry, Banana, Spinach, Orange & Rice Milk  
20oz

### BRAZILIAN NUT

Acai, Blueberry, Strawberry, Bananas, Apples, Pecans & Coconut Milk  
20oz

### BRAZILIAN BERRY

Acai, Orange, Bananas, Mango & Coconut Milk  
20oz

### AMAZONIA

Acai, Mango, Pineapple, Banana & Coconut Milk  
20oz

### DRAGON BREEZE

Dragon Fruit, Bananas, Mango, Orange, Pecans & Coconut Milk  
20oz

### PB&J

Peanut Butter, Bananas, Strawberry, Raspberry, Dates, Sea Salt & Almond Milk  
20oz

### DR. SMOOTHIE

Kale, Spinach, Probiotics, Spirulina, Ginger, Mint, Blueberry, Strawberry, Bananas & Apple Juice  
20oz

### COFFEE SARAH

Cocoa Powder, Coffee, Hemp Seeds, Peanut Butter, Banana (Whey, Vegan or Collagen Protein Optional) & Almond Milk  
20oz

## NATURAL FRUIT SMOOTHIES

### PICK TWO FRUITS & ONE ADDITIVE

Mango	Banana	Strawberry
Kiwi	Blueberry	Papaya
Raspberry	Avocado	Peach
Pineapple	Cherry	Apple

(Extra Charge) Acai or Dragon Fruit

## SHOTS

### JOINT DIGESTION

Carrots, Lemon, Ginger & Turmeric

### WELNESS

Ginger, Lemon & Cayenne

### JOINT HEALTH

Turmeric, Apple, Ginger, Lemon & Cayenne

## OVERNIGHT OATS

- Oats, Chia Seeds, Cinnamon, Peanut Butter  
Toppings: Strawberry, Blueberry, Pecans & Honey
- Oats, Flax Seeds, Cinnamon, Peanut Butter  
Toppings: Banana, Pecans & Honey

## ACAI BOWLS

### PICK ONE

Acai or Dragon Fruit

### PICK LIQUID BASE

Apple Juice	Coconut Milk
Unsweetened Almond Milk	Almond Milk
Oat Milk	Soy Milk

### PICK TWO FRUITS

Mango	Blueberry	Banana	Apple
Strawberry	Avocado	Kiwi	Peach
Papaya	Cherry	Raspberry	Passion Fruit

### PICK TWO ADDITIVES (EXTRA CHARGE)

Honey	Oats	Coconut Flakes
Granola	Cinnamon	Cocoa Nibs
Flax Seeds	Chia Seeds	Hemp Seeds

### PREMIUM ADDITIVES (EXTRA CHARGE)

Collagen Protein	Whey Isolate
Plant Based Protein	Whey Blend

## SHACK SHAKES

### THE MISSY

Banana, Piña Colada, Pecans & Oats

MEDIUM 20oz

LARGE. 32oz

### CHOCOLATE SENSATION

Bananas, Peanut Butter, Oats & Cinnamon

MEDIUM 20oz

LARGE. 32oz

### THE HULK

Weight Gainer with your choice of two fruits or veggies & one additive.

MEDIUM 20oz

LARGE. 32oz

### THE VEGGIE

Cucumber Juice, Carrots, Beets, Ginger, Apple, Orange, Spinach, Kale & Avocado

MEDIUM 20oz

LARGE. 32oz

### THE MOCHA

Coffee & Coffee Protein

MEDIUM 20oz

LARGE. 32oz

## BUILD YOUR SHAKE

### PICK LIQUID BASE

Unsweetened Soy Milk

Unsweetened Oat Milk

Unsweetened Almond Milk

Unsweetened Coconut Milk

### PICK TWO FRUITS

Avocado Spinach

Banana Mango

Beet Orange

Blueberry Papaya

Carrot Passion Fruit

Celery Peach

Cucumber Piña Colada

Ginger Raspberry

Turmeric Strawberry

Golden Apple Kale

Guava

### PREMIUM FLAVORS \$1

Yogurt

Ice Cream

Mocha

### PICK YOUR PROTEIN

Plant Protein

Whey Blend Protein

Collagen Protein

Whey Isolate (\$1 per scoop)

### PICK ONE FREE ADDITIVE

Honey

Oats

Coconut Flakes

Granola

Cinnamon

Cayenne Pepper

Flax Seeds

Chia Seeds

Hemp Hearts

Almonds

Pecans

Peanut Butter

Turbinado

Parsley Flakes

Ground Black Pepper

### PREMIUM ADDITIVES (EXTRA CHARGE)

BCAA

Vitamin Shot

Turmeric Powder

Fat Burner

Wheatgrass Powder

Energy Shot

Greens Powder

Apple Cider Vinegar

Fiber Powder

L-Carnitine

Spirulina

MCT Oil

Ginger Powder

CBD

Maca Powder

Powdered Carbs

Mint Powder

Creatine

Cocoa Powder

Glutamine

Coffee Grounds

Garlic Powder

Whey Isolate

Extra Scoop Whey Protein