

**\$9 SERVICE**

**1. CHOOSE YOUR TEA**

(blend of green tea + black tea)

RASPBERRY \* LEMON \* PEACH  
\* CINNAMON \* CHAI

**2. CHOOSE YOUR ALOE**

(aids in digestion)

MANGO \* CRANBERRY

**3. CHOOSE YOUR SMOOTHIE**

(see reverse side for flavors)

18-24G PLANT BASED PROTEIN  
(whey available upon request)

21 VITAMINS + MINERALS  
BETWEEN 150-300 CALORIES  
13-15G CARBS  
9-11G SUGAR

**ADD INS**

(\$2 EACH)

IMMUNITY SHOT \* ENERGY BOOST \*  
FAT BURNER (CLA) \* EXTRA PROTEIN  
\* COLLAGEN \* FIBER \* PROBIOTIC

**\$11 SERVICE**

**MAKE IT A MEGA TEA**

(blend of green tea + b vitamins)

BLACKBERRY LEMONADE  
MERMAID WATER  
STRAWBERRY BELLINI  
POMEGRANATE BERRY

**REFRESHERS**

(caffeine free)

LAVENDER LEMONADE  
AÇAI STRAWBERRY

**OR**

**PROTEIN ICED COFFEE**

(15g protein \* 100 cal \* 2g sugar)

HOUSE BLEND \* MOCHA \* DIRTY CHAI  
\* PEANUT BUTTER

**ASK US ABOUT OUR  
WEEKLY SPECIALS**

## Rise + Shine

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FRENCH TOAST <sup>GF</sup>  
CRAN- ORANGE MUFFIN <sup>GF</sup>  
BLUEBERRY LEMON CAKE <sup>GF</sup>  
BANANA PANCAKE <sup>GF</sup>  
CHOC CHIP BANANA BREAD <sup>GF</sup>  
STRAWBERRY POPTART  
BLUEBERRY COFFEE CAKE <sup>GF</sup>

## Berry Good

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STRAWBERRY BANANA <sup>GF</sup>  
VERY BERRY <sup>GF</sup>  
TROPICAL TWIST <sup>GF</sup>  
RASPBERRY LEMON TORTE <sup>GF</sup>  
APPLE BERRY CRUMBLE <sup>GF</sup>

## Scoops

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MINT CHIP  
(CHOC OR VANILLA)  
ROCKY ROAD  
PISTACHIO <sup>GF</sup>  
BLACK RAZ CHIP  
CIRCUS ANIMAL COOKIE  
WHITE CHOC SALTED CARAMEL  
MOCHA CHIP <sup>GF</sup>  
BANANA SPLIT  
CHERRY CHIP <sup>GF</sup>

## Signature Shakes

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NUTTY IRISHMAN  
RTB POWER SHAKE <sup>GF</sup>  
HANGOVER <sup>GF</sup>

## Sweet Tooth

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COOKIE DOUGH CHEESECAKE  
S'MORES  
BIRTHDAY CAKE  
FUDGE BROWNIE  
CARMEL TOFFEE CHEESECAKE  
MILK + COOKIES  
DUNKAROO  
KITCHEN SINK COOKIE  
ALMOND JOY  
MAGIC BAR  
BLONDIE <sup>GF</sup>  
CHOC CHIP COOKIE  
ALMOND CHEESECAKE  
(CHOC OR VANILLA)

## Peanut Butter Lovers

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CHOC CHIP PB PIE  
PB CUP  
(WHITE CHOC OR CHOC)  
PB CHEESECAKE  
(CHOC OR VANILLA)  
FLUFFERNUTTER <sup>GF</sup>  
PB BANANA <sup>GF</sup>  
(CHOC OR VANILLA)  
PB CRUNCH

## Smoothie Bowls

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POWER BOWL <sup>GF</sup>  
S'MORES BOWL  
COOKIE DOUGH BOWL  
TROPICAL BOWL <sup>GF</sup>  
APPLES + PB BOWL <sup>GF</sup>

\*VEGAN OPTIONS AVAILABLE  
\*PLEASE ADVISE OF ALLERGIES