

**BUILD YOUR OWN**

---

**1 PICK YOUR BASE**

**ALKALIME**

Avocado, kale, cashew nuts, lime juice, banana

**BREAKFAST BEAT**

Gluten free oats, banana, mulberries, peanut butter

**BERRY BLAST**

Raspberries, blueberries, blackberries, cherries, currants

**CHOCOLATE CHIEF**

Raw cacao, dates, Himalayan pink salt, banana

**BLUEBERRY ALMOND**

Blueberries, almond butter

**NUTTER BUTTER**

Banana, almond butter

**BANANA BREAD**

Banana, gluten free oats, dates, cinnamon

**PB & J**

Peanut butter, strawberry, cherry compote

**NUTTER BUTTER**

Banana, almond butter

**SNICKERS**

Vegan chocolate, dates, peanut butter

**RASPBERRY CASHEW**

Raspberries, cashew butter

---

**2 PICK YOUR PROTEIN**

**WHEY**

Vanilla, chocolate, coconut

**VEGAN**

Vanilla, chocolate, coconut

**3 PICK YOUR LIQUID**

Almond milk

Coconut milk

Coconut water

Cow's milk

*Whole & Semi skimmed*

Oat milk

**ADD ONS?**

Protein scoop

Almond butter

Cashew butter

Peanut butter

Espresso Shot

Carb Boost

Creatine

Glutamine

Oats

---

**SIGNATURE SHAKES**

---

**CLEAN**

**MOCHA**

Chocolate protein, espresso shot, almond milk

**REVENGE BOD**

Vanilla protein, almond milk, cinnamon

**LEAN**

**PINA COLADA**

Coconut protein, coconut milk, pineapple, lime juice

**OREO**

Vanilla protein, almond milk, NFF oreo

**FUEL**

**SUPERMAN**

Vanilla protein, coconut milk, berries, banana, almond butter

**BEAST**

Chocolate protein, NFF cookie, creatine, oat milk, carb boost

---