

BOOSTERS

- \$1.5 **Boba** (Flavor of the Day)
Juice Filled Ball
- \$2 **Aloe** (Cranberry/Mango/Mandarin)
Supports Digestion
- \$2 **Probiotic**
Promotes Gut Health
- \$3 **Cold Fighters** (Citrus)
Vitamin C, Zinc, & Echinacea
- \$3 **Immunity Essentials**
Daily Immune System Support
- \$5 **Fiber** (Tropical/Apple)
Supports Digestion
- \$3 **Protein** (Peach Mango/Wild Berry)
15g Whey Protein
- \$3.5 **Hydration** (Acai Berry/Citrus)
Electrolytes & Antioxidants
- \$4 **Niteworks**
Vascular Support
- \$3 **Collagen** (Strawberry Lemonade)
Hair, Skin & Nails
- \$5 **Prolessa**
Belly Fat Reducer
- \$3 **BCAAs** (Green Apple)
Muscle Recovery
- \$2 **Focus Tea**
40mg Natures Raw Guarana Caffeine



COFFEE

- Deja Brew** ☀️
15g High protein energy & fat reducer
M only \$10
- Protein Coffee** ☀️
15g High protein energy
S/M/L \$6/7/9
- Dirty Chai** ☀️
15g High protein chai tea
M only \$8
- Protein Coffee Float**
Protein shake over 39g Protein coffee
L only \$12
- Build your own Latte** M/L \$8/10
Ask us what seasonal flavors are available

KIDS SPOT

Ask about our kids menu

WORKOUT

- Pre-workout** (Mango/Watermelon) M only \$10
Whey protein, casein protein, BCAA, Glutamine, Glucosamine
- Post-workout** (Over Ice/Blended) \$8
Caffeine free with hydration & electrolytes
- Sports Drink** (Citrus) \$7
Supports muscle recovery & Electrolytes
- BCAA Recharge** (Watermelon Green Apple) \$7
Nitric Oxide precursor, creatine, hydration & 75g protein

Ask about our plant based protein.

Ask about our Low Carb options.

Check out our Greens menu



ENERGY

- Lit Tea** (Flavor of the day) S/M/L
Extra Energy & Focus \$6/7/8
- Unlit Tea** M/L
Energy & Focus without lit \$5/6/7
- Pink Drink** (Wild Berry/Blackberry) M/L
Collagen, Energy & 15g Protein \$9/10
- Spring Drink** (Peach Mango) M/L
Collagen, Energy & 15g Protein \$9/10
- Beauty Bomb** (Pomegranate/Blackberry) M/L
Collagen, Green Tea & Energy \$8/11
- Krimosa** (Pomegranate/Blackberry) M/L
Collagen, Fat Reduction & Energy \$11/14
- Hydrate** (Citrus/Pomegranate/Blackberry) M/L
Energy & Hydration \$8/9
- Jet Drink** L only
Digestion, Fiber, Metabolism Booster&15g Protein \$9
- Get Well Soon** M/L
Immunity, Zinc, Aloe, Vitamin C&Antioxidants \$9/10
- Herbal Tea** (Lemon/ Raspberry/ Peach/ Chal/ Cinnamon) S only
Metabolism Booster & Aloe \$5



CAFFEINE FREE

- Collagen Refresher** M
Hair, Skin, Nails, Aloe&Hydration \$7
- Better Days** M
Echinacea, Vitamin C, Immunity Support, Digestion& Hydration \$7
- Tang** (Lemon/Mango) M
Supports Circulatory& Vascular Health, Digestion, Hydration \$10/14
- Cinnamon Shot** M/L
Appetite Suppressant& Belly Fat Reducer \$5
- Berry Refresher** M/L
Hair, Skin, Nails, Aloe& 15g Protein \$8/9
- Tropical Refresher** M/L
Hair, Skin, Nails, Aloe& 15g Protein \$8/9

SHAKES

\$6 one size

- 24g protein
21 essential vitamins and minerals
Fat Elvis * Strawberry Cheesecake
- Brownie Batter** Apple Fritter
- German Chocolate Cake *** Banana Foster
- Jomocah Machiatto** Orange Scone
- Cake Batter** Blondie
- Snickers *** Mint Chip
- White Raspberry Cheesecake**
- Turtle Cheesecake ***
- Frosted Animal Cracker**
- Monster Cookie ***
- Caramel Nut Roll ***



**EVEREST NUTRITION
NUTRITION BAR**

608-426-6743

www.everestnutritionmonroe.com



* Contains nuts