

FLUFFY PROTEIN BITES

PROWAFFLE POWER STACK

" A combination of protein-infused waffle batter cooked to perfection "

29.25g protein 29.38g carbs
8.16g fat 313.17 cal

7\$

PROTEIN POWER PANCAKES

" A serving of 3 fluffy pancakes, packed with protein "

32.11g protein 28.31g carbs
6.82g fat 296.3 cal

8\$

CHOOSE YOUR SPREAD

Peanut Butter

10.3g protein
226 cal

1\$

Milk Chocolate

10g protein
193.75 cal

1.5\$

Honey

0g protein
86 cal

1\$

White Chocolate

7.5g protein
191.25 cal

1.5\$

Strawberry

7.5g protein
191.25 cal

1.5\$

Salted Caramel

0g protein
86 cal

1\$





COLD *protein bar* SHAKES



Iced coffee
protein refuel



Creamy Avocado
Protein Blend



Build your own
fruit fusion
(Bluberries)



Double trouble
peanut butter





COLD *protein bar* SHAKES



Nutty Butter
Blast



Creative
tea-infusion



Cookies n'
Cream Muscle
Quencher




Matcha Green
Protein Elixir






COLD *protein bar* SHAKES



Mighty Mocha
Muscle Booster



Tropical
Pineapple Protein
Paradise



Salted Caramel
Power Potion



COLD SHAKES



Mighty Mocha Muscle Booster - 6.2\$

Indulge in a powerful blend of rich mocha flavors and a boost of muscle-building protein.

30g Protein 39g Carbs
10g Fat 369 Cal

Salted Caramel Power Potion - 6.2\$

Unleash your taste buds with this magical potion of salted caramel goodness.

31.5g Protein 42.75g Carbs
9.5g Fat 384 Cal

Matcha Green Power Elixir - \$6

Experience the harmonious blend of matcha green tea and protein in this invigoration elixir.

32.6g Protein 35g Carbs
12.9g Fat 394.5 Cal

MILK

Low Fat & Lactose Free

(-)31 Cal (+)0.2g protein

Skimmed Milk

(-)47 Cal (+)0.4g protein

Oat Milk

(-)83 Cal (-)5.4g protein

Almond Milk

(-)105 Cal (-)5.4g protein

Cookies & Cream Muscle Quencher - 6.1\$

Take a break from the ordinary and indulge in this protein-packed shake inspired by the classic cookies n' cream flavor.

33.4g Protein 47.1g Carbs
15.3g Fat 459 Cal

COLD SHAKES



Double Trouble Peanut Butter - 6.8\$

Embrace the double dose of peanut power, banana, and dates with this shake that will satisfy your cravings and fuel your muscles.

34g Protein 34g Carbs
16g Fat 416 Cal

Pro - tus power shake - 6.3 \$

Enjoy the rich taste of caramelized biscuits and creamy goodness in our Pro-tus Power Shake.

Packed with 32g of protein to fuel your day.

32g Protein 35.2g Carbs
14g Fat 385 Cal

Nutty Butter Blast - 6\$

Experience the ultimate nutty indulgence with this powerful shake packed with protein, nut butter, and almonds goodness.

36.4g Protein 16.6g Carbs
21.52g Fat 405 Cal

MILK

Low Fat & Lactose Free

(-)31 Cal (+)0.2g protein

Skimmed Milk

(-)47 Cal (+)0.4g protein

Oat Milk

(-)83 Cal (-)5.4g protein

Almond Milk

(-)105 Cal (-)5.4g protein

Creamy Avocado Protein Blend - 7\$

Delight in the creamy goodness of fresh avocado while enjoying the benefits of a protein-packed shake.

33g Protein 39g Carbs
19g Fat 459Cal

COLD SHAKES



MILK

Low Fat & Lactose Free

(-)31 Cal (+)0.2g protein

Skimmed Milk

(-)47 Cal (+)0.4g protein

Oat Milk 1.5+\$

(-)83 Cal (-)5.4g protein

Almond Milk 1.5+\$

(-)105 Cal (-)5.4g protein

Tropical Pineapple Protein Paradise - 6.8\$

Transport yourself to a tropical paradise with this refreshing protein shake bursting with the flavors of pineapple and coconut.

32g Protein 69.95g Carbs
16.8g Fat 562 Cal

Creatine Tea Infusion - 4\$

Creatine tea-infusion Revitalize your senses with this energizing tea-infused creatine shake. It's a perfect pick-me-up for those seeking a refreshing and a creatine-rich beverage.

5g Creatine 32g Carbs
0g Fat 128 Cal

Iced Coffee Protein Refuel - 6\$

Get a refreshing boost of energy with this revitalising shake that combines the goodness of coffee and protein.

31.6g Protein 19.5g Carbs
8.3g Fat 279 Cal

Build Your Own Fruit Fusion - 6.2\$

Unleash your creativity with our build your own shake! Select your favorite flavor from our diverse range of 10 irresistible options listed in the Smoothie Bowl section. Craft a personalized cold shake tailored to your taste buds.

30g protein 53g Carbs
7.15g Fat 397 Cal

HOT DRINKS



MILK

Low Fat & Lactose Free

(-)31 Cal (+)0.2g protein

Skimmed Milk

(-)47 Cal (+)0.4g protein

Oat Milk 1.5+\$

(-)83 Cal (-)5.4g protein

Almond Milk 1.5+\$

(-)105 Cal (-)5.4g protein

Protein Boost Latte - 5.8\$

Dive into the rich symphony of flavors with our protein-infused mocha, combining the sweetness of sugar-free white mocha and the depth of sugar-free chocolate mocha for a delightful treat.

30.2g Protein 15.2g Carbs
8.2g Fat 260.4 Cal

Mocha Protein Delight - 6\$

Dive into the rich symphony of flavors with our protein-infused mocha, combining the sweetness of chocolate mocha and our protein powder for a delightful treat.

30.2g Protein 15.2g Carbs
8.2g Fat 260.4 Cal

White Mocha Protein Delight - 6.5\$

Dive into the rich symphony of flavors with our protein-infused mocha, combining the sweetness of white mocha and our protein powder for a delightful treat.

31.3g Protein 37.6g Carbs
8.95g Fat 480.2 Cal

Velvet Protein Sip - 6\$

Experience the luxurious sip of our Red Velvet protein delight. Delight your senses with velvety smoothness and protein goodness.

31.5g Protein 37.8g Carbs
13.63g Fat 402 Cal

HOT DRINKS



Brownie Fudge Infusion - 6\$

Immerse yourself in the decadent world of our Brownie Fudge protein infusion. Indulge in a fudgy, protein-packed satisfaction.

30.2g Protein 33.85g Carbs
8.2g Fat 335 Cal

Protein Cacao Bliss - 6\$

Cozy up with our Hot Chocolate, elevated with the added goodness of protein. Enjoy the warmth and comfort, and personalize your experience.

32.9g Protein 42.3g Carbs
10.03g Fat 394.5 Cal

Matcha Green Protein Elixir - 6\$

Embark on a serene journey with our Matcha Green protein elixir. Savor the balanced fusion of green tea tranquility and guilt-free protein excellence.

31.7g Protein 36.1g Carbs
12.7g Fat 387.5 Cal

MILK

Low Fat & Lactose Free

(-)31 Cal (+)0.2g protein

Skimmed Milk

(-)47 Cal (+)0.4g protein

Oat Milk 1.5+\$

(-)83 Cal (-)5.4g protein

Almond Milk 1.5+\$

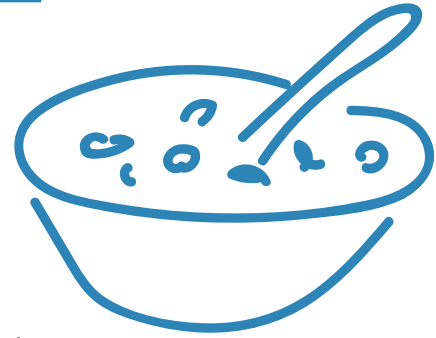
(-)105 Cal (-)5.4g protein

Cozy protein peanut bliss - 6.3\$

Wrap yourself in warmth with our comforting hot shake, the Cozy Protein Peanut Bliss. Customize your experience by choosing between chocolate or vanilla protein.

40.4g Protein 22.9g Carbs
27.97g Fat 515.7 Cal

SMOOTHIE BOWL



BASE

Creamy Yogurt - 6.75\$

Made with a milk of choice, ice, yogurt base powder, one scoop of protein powder.

33g Protein 52g Carbs
8g Fat 412 Cal

FLAVORS

Mixed Berries	Blueberry
Pineapple	Raspberry
Peach	Strawberry
Lychee	Banana
Coconut	

TOPPINGS

Frozen Berries +1.5\$	Kiwi +1.5\$
Granola Chocolate +1\$	Oreo +1\$
Granola Berries +1\$	Strawberry +\$1.5
Almonds +1\$	Banana +1\$
Walnut +1\$	

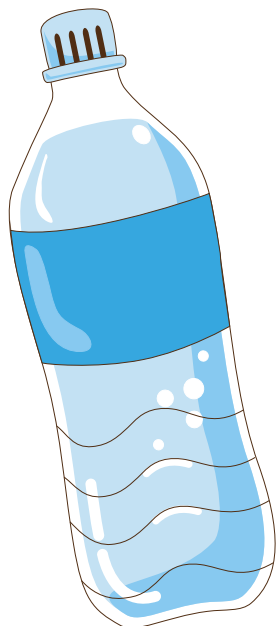


PRE-WORKOUT CAFFEINE SHOTS

Espresso	1\$
Americano	1.5\$
Filtered Coffee	2\$
Ice Latte	2\$
Cappuccino	3\$



SOFT DRINKS



Water	0.5\$
Sparkling water	1.25\$