

Little River Nutrition Menu

Meal Replacement Shakes \$8

24G Protein - 10G Sugar - Less Than 300 Calories

BANANA CARAMEL

APPLES & BANANAS
BANANA BREAD
MANGO BANANA
CHUNKY MONKEY
PEANUT BUTTER BANANA
BANANA CREAM PIE
BANANA SPLIT
BANANAS FOSTER

ORANGE CREAM

ORANGE CREAMSICLE
LITTLE RIVER SUNSET
MANGO TANGO
BLUEBERRY MUFFIN
LEMON POUND CAKE
TROPICAL BREEZE

PRAILINES

BROWN SUGAR PECAN
BUTTER PECAN
CARAMEL CHOCOLATE TURTLE PECAN

FRENCH VANILLA

APPLE PIE
GEORGIA PEACH
NUTTY BUTTER
CINNAMON TOAST CRUNCH

DUTCH CHOCOLATE

CHOCOLATE LOVERS
PEANUT BUTTER CUP
SNICKERS
TOOTSIE ROLL

CAFE LATTE

CHAI TEA LATTE
CAFE MOCHA
BUCKEYE CAPPUCCINO
CARAMEL LATTE

COOKIES & CREAM

APPLE JACKS
BIRTHDAY CAKE
CHIPS AHOY
PEACH COBBLER
PEANUT BUTTER COOKIE

DULCE DE LECHE

CARAMEL MOCHA
CARAMEL CHEESECAKE
CARAMEL BLONDIE
THE GOLDEN BEAR

PINA COLADA

TROPICAL SENSATION
LITTLE RIVER SUNRISE
CARIBBEAN COLADA
HAWAIIAN ISLAND

BOOSTERS

FIBER \$2
PROBIOTIC \$2
DONUT SHOT (FAT REDUCER) \$5
BEAUTY BOOSTER \$3
EXTRA PROTEIN \$2
IMMUNITY BOOSTER \$3
VITAMIN C BOOST \$3
EXTRA ENERGY \$3

WILD BERRY

CRUNCH BERRY
VERY BERRY
STRAWBERRY BANANA
STRAWBERRY SHORTCAKE

MINT CHOCOLATE

MINT MOCHA
ANDES MINT
MINT LATTE
MINT MOCHA COOKIE CRUMBLE

LAVA SHAKES \$10 (Shakes + Energy)

KEY LIME PIE
SUNNY SHERBET
TROPICAL ESCAPE
STRAWBERRY BLISS

WORKOUT?

PRE-WORKOUT \$6
HYDRATION \$5
BCAA'S \$6
POST-WORKOUT \$6

Little River Nutrition Menu

Energy Tea Bomb \$8

160mg Caffeine - No Sugar - Less Than 25 Calories

SANGRIA

RASPBERRY, CRANBERRY

MARGARITA

LEMON LIME, MANGO

LEMON DROP

CRANBERRY, LEMON

SKITTLES

CHERRY, GRAPE, CRANBERRY

CAPTAIN AMERICA

BLUE RAZ, POMEGRANATE

CHERRY LIMEADE

CHERRY, LIME

SWAMP MONSTER

KIWI BERRY, LEMON

THE HULK

LEMON, BLUE RAZ

PINEAPPLE PUNCH

PINEAPPLE, ORANGE

MIAMI VICE

PINEAPPLE, STRAWBERRY

SWEET TART

PINEAPPLE, STRAWBERRY LEMONADE

STRAWBERRY DAIQUIRI

SWEET STRAWBERRY

ORANGE CREAMSICLE

SWEET ORANGE

GUMMY BEAR

MANGO, STRAWBERRY, WATERMELON

BLUE HAWAIIAN

PINEAPPLE, BLUE RAZ, POMEGRANATE

OCEAN DRIVE

LIME, STRAWBERRY, BLUE RAZ

ELECTRIC BERRY

BLUE JOLLY RANCHER, LIME

LEMON HEAD

LEMON, PINEAPPLE

CUCUMBER MELON

WATERMELON, CUCUMBER

BLACK MAGIC

POMEGRANATE, BLUE JOLLY RANCHER

SPRING FLING

WATERMELON, PINEAPPLE

HIPPIE JUICE

PINEAPPLE, COCONUT

TANGY TWIST

PEACH, MANGO

MIMOSA

ORANGE, PEACH

PALM SPRINGS

ORANGE, POMEGRANATE

BERRY BERRY

POMEGRANATE, CRANBERRY

BIKINI BOTTOM

PINEAPPLE, BLUE RAZ

TIKI ISLAND

GREEN GUSHER, BLUEBERRY

BOB MARLEY

KIWI BERRY, POMEGRANATE

WATERMELON JOLLY RANCHER

WATERMELON, RASPBERRY

GREEN GUSHER

BLUEBERRY, LIME

TROPICAL SUNRISE

FRUIT PUNCH, MANGO

TROLLI WORM

STRAWBERRY LEMONADE, BLUE RAZ

FRUIT BY THE FOOT

BLUE RAZ, STRAWBERRY, WATERMELON

MERMAID

MANGO, BLUEBERRY

STRAWBERRY LEMONADE

LEMON, STRAWBERRY

SOUR GREEN APPLE

GREEN APPLE, LIME, CRANBERRY

JUST PEACHY

SWEET PEACH

BETTY BLUE

BLUEBERRY, ORANGE

MELON SOUR PATCH

KIWI BERRY, STRAWBERRY, WATERMELON

BAHAMA MAMA

MANGO, FRUIT PUNCH, PINEAPPLE

APRIL SHOWERS

WATERMELON, BLUE RAZ

CHERRY BOMB POP

CHERRY, BLUE RAZ

CHANTICLEER

SOUR BLUE SWEET TART

Little River Nutrition Menu

Protein Coffee (Iced or Hot) \$8

22g Protein - 2g Sugar - 120mg Caffeine

HOUSE BLEND

MOCHA

CARAMEL MACCHIATO

VANILLA LATTE

CARAMEL LATTE

MINT MOCHA

WHITE CHOCOLATE MOCHA

CARAMEL BRULEE LATTE

MOCHA OREO

ALMOND JOY

PEPPERMINT MOCHA

DIRTY MYRTLE CHAI LATTE

APPLE PIE

Little River Nutrition Menu

Refreshers (No Caffeine) \$8

Hydration Refreshers

Collagen - Electrolytes - 9-12g Sugar

Sour Straw
Pineapple Colada
Strawberry Coconut
Peach on the Beach
Berry Blast
Sweet Sunshine
Pink Lemonade
Tropical Twist
Sweet Berry
Creamsicle
Sunny Dee

Protein Refreshers

17g Protein - No Sugar - Collagen

Strawberry Watermelon
Tropical Punch
Berry Blue
Passionate & Peachy
Sour Apple
Pink Peach
Cherry Berry
Melon Colada
Berry Limeade
Mango Punch
Little River Pink Drink

Little River Nutrition Menu

Matcha - Superfood Alert - \$8

Matcha is a powder that's made of finely ground green tea leaves from the Camellia sinensis plant. Farmers grow the plants in the shade much of the time, which boosts the plants' chlorophyll and amino acids, and gives them their vibrant green color.

Numerous studies on green tea (matcha specific) has revealed several science-backed health benefits.

- May Help Prevent Cancer
- May Help With Depression
- May Help Protect Brain Function
- May Improve Male Fertility
- May Help Reduce Cholesterol
- May Reduce Blood Pressure
- May Protect Bone Health

The antioxidants in matcha - a key spect of its nutritional value - support detoxification, reduce inflammation, and protect cells from damage that can lead to aging and disease!

Matcha Energy Tea

Lavender Lemon

Peach

Blueberry

Orange

Blackberry

Matcha Latte Protein Shake

28g Protein

Little River Nutrition Menu

Frappe - Blended Protein Coffee - \$8

22g Protein - 80mg Caffeine - Under 170 Calories

White Chocolate Mocha

Cinnamon Dulce

Chai Tea Latte

Java Chip

Caramel Cookie

Smores

Hazelnut

Samoa

Butterscotch

Little River Nutrition Menu

Tea & Refresher Popsicles - \$4

Energy Tea Bomb

40mg Caffeine - No Sugar - 6 Calories

Pink Starburst
Hippie Juice
Raz Lemon Margarita
Chanticleer
Black Lavender Lemon
Watermelon Jolly Rancher
Getting Lucky
Peach Passion
Galaxy
Lemon Drop

Refresher

P - 4g Protein - Collagen - No Sugar

H - Collagen - Electrolytes - 3g Sugar

Pink Lemonade - H
Sweet Berry - H
Peach on the Beach - H
Pineapple Colada - H
Creamsicle - H
Cherry Berry - P
Strawberry Watermelon - P
Melon Colada - P
Pink Drink - P
Passionate & Peach - P