

# Drink Menu

## 32 OZ LOADED TEA \$10

285mg Caffeine | 12 Calories | Sugar Free  
Collagen, Green Tea, Aloe, Vitamins B12 & B6

### Tiki Girl

Lime, Lemon, Pina Colada, Strawberry

### Flowers

Orange, Blue Raspberry, Pink Starburst

### Golden Hour

Pina Colada, Pineapple, Pink Starburst

### Islander

Mango, Pina Colada, Pineapple

### Pink Floyd

Pomegranate, Orange, Pineapple

### Polar Ice

Lime, Orange, Blue Blast

### Blue Lagoon

Pomegranate, Coconut, Blue Blast

### Rockstar

Pineapple, Pink Starburst, Coconut

### Spa Day

Pomegranate, Cranberry, Blue Raspberry

### Bulldog

Blackberry, Cranberry, Strawberry

### Paradise Punch

Watermelon, Lime, Pink Starburst

### Berry Bliss

Pomegranate, Pineapple, Strawberry

### Midnight Haze

Black Berry, Blue Raspberry, Strawberry

## 16 OZ REFRESHERS \$5

70 Calories

## 32 OZ REFRESHERS \$8

130 Calories

Electrolyte Replacement

### Watermelon Sugar

Watermelon, Pink Starburst

### Little Islander

Mango, Pina Colada, Peach

### Cotton Candy

Strawberry, Blue Blast

### Polar Bear

Pina Colada, Blue Blast

### Strawberry Colada

Pink Starburst, Straw Berry, Pina Colada

### Peaches

Peach, Lemonade, Pink Starburst

## 32 OZ LIT TEA \$9

285mg Caffeine | 5 Calories | Sugar Free  
Green Tea, Aloe, Vitamins B12 & B6

### Spring Fling

Orange, Peach, Rainbow Candy

### Outer Banks

Pomegranate, Pineapple, Strawberry

### Senorita

Blackberry, Pink Starburst, Pineapple

### Sour Patch Kid

Lime, Lemon, Blue Raspberry

### Blue Ring Pop

Lime, Peach, Mango, Blue Blast

### Sunset Margarita

Lime, Peach, Margarita

### Emerald Coast

Orange, Blue Blast, Pineapple

### Ocean Eyes

Lime, Blue Blast

### Free Fallin'

Strawberry, Blue Raspberry

### Electric Slide

Lime, Dragon Fruit, Lemon

## 16 OZ SHAKES \$9

50 gm Protein | 290 Calories

Complete Meal Replacement

### Banana Pudding

### Oreo Cheesecake

### Sweet & Salty Pretzel

### Strawberry Banana

### Salted Caramel

### Peanut Butter Chocolate

### Pecan Pie

### Chocolate Chip Cookie Dough

### Turtle Cheesecake

### Birthday Cake

### Strawberry Cheesecake

## PRE-WORKOUT \$7

### Watermelon

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# Food Menu

TO-GO ORDERS: (229) 415-1726

## **POKE BOWL \$10.50**

450 Calories

Your choice of chicken, crab, or shrimp placed on a bed of rice and topped with edamame, shredded carrots, green onions, daikon radishes, pineapple, and mango.

## **AVO TOAST \$8.50**

400 Calories

Avocado spread on 2 slices of your choice of wheat or sour dough bread and topped with everything bagel seasoning, tomato, feta cheese, a boiled egg, arugula, and balsamic reduction.

## **BUBBLE WAFFLE \$10**

310 Calories | 23g Protein

Vanilla or chocolate egg-based waffle topped anyway you like!

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## **SMOOTHIE BOWLS \$10**

290 Calories | 25g Protein

### **Tropical Blend**

Blended strawberries, peaches, mango, and pineapple.

### **Berry Blend**

Blended strawberries, and blueberries.

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## **TOPPINGS**

For Shakes and Bowls

**Chocolate Drizzle**

**Raisins**

**Chocolate Chips**

**White Chocolate Chips**

**Peanut Butter Chips**

**Pecans**

**Granola**

**Walnuts**

**Graham Cracker**

**Vanilla Wafers**

**Nutella**

**Pretzels**

**Oreos**

**Toasted Coconut**

**Banana**

**Caramel Drizzle**

**Strawberries**

**Blueberries**

**Honey**

**Peanut Butter**

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