

\$9 **SHAKES**

200-250 Calories, 24-27g Protein
9-16g Net Carbs, 4.5g Fat,
6-15g Sugar

BAHAMA BREEZE
(STRAWBERRY/PINEAPPLE/BANANA)
BANANA NUT
BANANA PUDDING
BROWNIE
BUTTERFINGER
CHEESECAKE
CHOCOLATE ELVIS
(CHOCOLATE/BANANA/PB)
CINNAMON TOAST CRUNCH
COOKIE DOUGH
COOKIES AND CREME
FUNFETTI
LEMON ICE BOX
MINT CHOCOLATE CHIP
PEANUT BUTTER BANANA
PEANUT BUTTER CUP
PECAN PIE
SALTED CARAMEL
SNICKERS
WEDDING CAKE
WHITE CHOCOLATE PRETZEL
WHITE CHOCOLATE SNICKERS
WILD BERRY



COFFEE

CARAMEL MACCHIATO
FRENCH VANILLA
SALTED CARAMEL
SALTED CARAMEL MOCHA
WHITE CHOCOLATE MOCHA



\$10.50 **FUEL BOWLS**

200 Calories, 24-27g Protein
9 Net Carbs, 4.5g Fat,
6g Sugar

Not including toppings

PICK YOUR BASE:

**DULCE DE LECHE, CAFE LATTE,
PINA COLADA, PRALINES,
MANGO PINEAPPLE, WILDBERRY,
COOKIES & CREAM, CHOCOLATE,
BANANA CARAMEL, PEANUT BUTTER**

PICK A TOPPING:

STRAWBERRIES
BANANAS
BLUEBERRIES
PECANS
COCONUT
OATS
GRANOLA
CHIA SEEDS
ALMONDS
PEANUT BUTTER



DISCOUNT



@manskercreeknutrition



@manskercreeknutrition

Follow us and check
in for \$1 off combos

\$12.50 **KITCHEN SINK**

120 Calories, 0 Sugar, 10 Carbs,
17g Protein, Collagen, 200mg
Caffeine

ALL AMERICAN

(BERRY/PEACH/TROPICAL)

BLESS YOUR HEART

(BERRY/STRAWBERRY/WATERMELON)

BROADWAY GIRL

(BERRY/PEACH/MANGO/MARGARITA/
PINEAPPLE)

GIRLS TRIP

(BERRY/COCONUT/STRAWBERRY)

HONKY TONK

(BERRY/PEACH/PINK LEMONADE/WHITE
GRAPE/MELON)

JEEPIN

(PEACH/WATERMELON/PINA/STRAWBERRY)

NASH VEGAS

(BERRY/STRAWBERRY OR CHERRY)

SMASHVILLE

(PEACH/BLUE SOUR)

SOMEWHERE ON A BEACH

(PEACH/COCONUT/PINEAPPLE)

SUPERMAN

(BERRY/STRAWBERRY/BLUE SOUR)

\$9.50 **SPECIALTY**

105 Calories, 0 Sugar, 9 Carbs,
17g Protein, Collagen, 155mg
Caffeine

DAISY DUKE

(BERRY/STRAWBERRY/WATERMELON)

DISCO COWBOY

(PEACH/BLUE SOUR)

DOLE WHIP

(PEACH/PINEAPPLE/PINA)

DREAMSICLE

(PEACH/STRAWBERRY/WATERMELON)

GIRL BOSS

(BERRY/PEACH/WATERMELON/PINA)

LULU LEMON

(BERRY/LAVENDER/WATERMELON)

MUSIC CITY

(PEACH/MANGO/PINEAPPLE/MARGARITA)

NASHVILLIAN

(PEACH/MANGO/COCONUT)

PEACH RING

(PEACH/WATERMELON)

PRETTY PEACHY

(BERRY/BLACKBERRY)

PRETTY N PINK

(BERRY/BLACKBERRY)

STARBURST

(BERRY/STRAWBERRY OR CHERRY)

SOUTHERN STRAWBERRY

(BERRY/PEACH/COCONUT/STRAWBERRY)

WILD BLUE

(BERRY/BLUEBERRY)

YELLOWSTONE

(PEACH/PASSION FRUIT)

**PERSONALIZE
YOUR DRINK
WITH OUR ADD
ON MENU**



\$7.50 **LOADED** 24 Calories, 0 Sugar, 4 Carbs,
200mg Caffeine

BAHAMA MAMA
(ORANGE/PINEAPPLE/CHERRY)
BLACK PEARL
(BLUE SOUR/GRAPE)
BLOW POP
(TROPICAL/BLUE SOUR/GREEN APPLE)
CAPTAIN AMERICA
(STRAWBERRY/BLUE SOUR)
CHERRY LIMEADE
COTTON CANDY
(STRAWBERRY/COTTON CANDY/BLUE RASPBERRY)
CUCUMBER WATERMELON
GEORGIA PEACH
(PEACH/STRAWBERRY)
GUMMI BEAR
(STRAWBERRY/WATERMELON)
GYPSEY JUICE
(PEAR/RASPBERRY)
JOLLY RANCHER
(ANY FLAVOR)
MANGO MAMA
(MANGO/PINEAPPLE)
MANSKER CREEK WATER
(LEMONADE/BLUE SOUR/BLUE RASPBERRY)
OUTER BANKS
(TROPICAL/PINEAPPLE)
PINEAPPLE PUNCH
(ORANGE/PINEAPPLE)
STRAWBERRY LEMONADE
STRAWBERRY PINA COLADA
TROPICAL SUNRISE
(LEMONADE/TROPICAL)
WATERMELON GUSHER
(WATERMELON/BLUE SOUR/GREEN APPLE)
WONDERWOMAN
(ORANGE/BLUE SOUR/STRAWBERRY)



\$9.50 **HYDRATION STATION** Energy
Electrolytes
Fuel

CHOOSE YOUR BASE:
**LIME, POMEGRANATE, ORANGE,
BLACKBERRY, PINEAPPLE,
TROPICAL**

CHOOSE 2 FLAVOR TOPPINGS

ACAI	MANGO
BANANA	MARGARITA
BLACKBERRY	ORANGE
BLUEBERRY	PASSION FRUIT
BLUE RASPBERRY	PEACH
BLUE SOUR	PINA COLADA
CHERRY	PINEAPPLE
CHERRY LIMEADE	PINK LEMONADE
COCONUT	POMEGRANATE
COTTON CANDY	PEAR
CRANBERRY	RAINBOW CANDY
CUCUMBER	RASPBERRY
DRAGON FRUIT	RASPBERRY LEMONADE
FRUIT PUNCH	STRAWBERRY
GRAPE	STRAWBERRY KIWI
GREEN APPLE	WATERMELON
LAVENDER LEMON	WHITE GRAPE
LEMONADE	
LIMEADE	

CHECK OUT OUR:
PROTEIN BALLS
CAKE POPS

**LOCATED IN
THE FRIDGE**



CAFFEINE FREE OPTIONS

\$9.50 **BOOST** 65 Calories, 0 Sugar,
Caffeine Free

ARIES
(STRAWBERRY/WATERMELON)
AQUARIUS
(BLUE SOUR/COCONUT)
GEMINI
(PINEAPPLE)
SCORPIO
(RASPBERRY)
TAURUS
(POMEGRANATE/BLACKBERRY)
VIRGO
(GRAPE/RAINBOW CANDY)

\$3 **KID DRINKS** Hydration
Caffeine Free

CAPTAIN AMERICA
(STRAWBERRY/BLUE SOUR)
BARBIE
(STRAWBERRY)
CINDERELLA
(BLUE RASPBERRY)
GUMMI BEAR
(STRAWBERRY/WATERMELON)
NEMO
(ORANGE/PINEAPPLE)
UNICORN
(WATERMELON/BLUE SOUR)

\$9.50 **REFRSHERS** 140 Calories, 20g Protein,
10g Carbs, 7g Sugar

BANANA SPLIT
BAYOU BLUEBERRY
BLACKBERRY DREAM
MANGO DRAGONFRUIT
PEACH BLISS
PINEAPPLE TWIST
STRAWBERRY SUNRISE
WATERMELON REFRESHER

ADD BOBA
to your favorite
drink

BLUEBERRY
BROWN SUGAR(TAPIOCA)
CHERRY
GREEN APPLE
LEMON
PEACH
RASPBERRY
STRAWBERRY

