

# Delicious Tea Blends and Protein Based Snacks



Donuts (17g-protein)  
150 Cal | 1 for \$5



Crepes (30g-protein)  
Includes Fruit 250 Cal  
| \$12



Waffles (35 g-protein)  
Includes Fruit  
280 Cal | \$12



Protein Bowl  
24g-protein | 220 Cal  
Available Flavors: Mix Berry,  
Strawberry, Banana, Pineapple  
and Mango | \$12



Hot or Iced Coffee  
15g-protein / 23g-protein  
+ 2g-sugar  
150 Cal  
24 oz \$8 | 32oz \$10

## Refresher 24oz \$10



- 1. Mango Mixer - Ingredients:**  
Peach Mango Protein (15 grams) -  
Mango Aloe - Hydrate -
- 2. Wild Berry Mixer - Ingredients:**  
Wild Berry Protein (15 grams) -  
Cranberry Aloe - Collagen
- 3. Hawaiian Punch - Ingredients:**  
Peach Mango Protein (15 grams) -  
Mango Aloe - Hydrate -
- 4. Strawberry Love - Ingredients:**  
Wild Berry Protein - Strawberry Collagen -  
Cranberry Aloe -

## Rogers Park Nutrition

773-412-9875



**Fiber Line**  
24 oz \$10 / 32oz \$12

**Benefits - 5g of balanced soluble and insoluble fiber, 1 billion active pro-biotic, balance of good and bad bacteria. Soothes the stomach, relieves occasional indigestion & minimizes bloating**

## Energizer 24oz \$10 / 32oz \$12



50 - 70 Calories - 0 Sugar

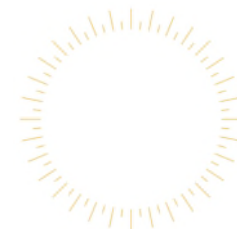
**Ninja Turtle:**

Lemon Lime, Green Apple, Aloe, Green Tea Energy,  
Hydrate, & Vitamin C-B6-B12

**Cosmopolitan:**

Orange, Blue Blast, Aloe, Green Tea & Vitamin C-B6-B12

**Contains Vitamins. Boosts Metabolism.  
Increases Energy along with Focus &  
Mental Clarity**



### ALLERGY WARNING

PLEASE BE ADVISED OUR PRODUCTS CONTAIN: DAIRY, PEANUTS, TREE NUTS, SOY AND GLUTEN (PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES)

# Hot Or Ice Energizing Tea \$5

HEALTHY ENERGY- NO SUGAR CRASH | BOOST YOUR METABOLISM

PACKED WITH ANTIOXIDANTS

ALOE SUPPORTS DIGESTIVE+NUTRIENT ABSORPTION

PEACH MANGO

CRANBERRY CHAI

LEMON MANDARIN

RASPBERRY MANGO

MINT RELAXATION TEA.. No Caffeine

## SMOOTHIES: Meal Replacement

180 - 250 Calories - 5G Fiber - 24G Protein - 21 Vitamins & Minerals

- 1) Green Smoothie: Spinach - Pineapple Mango Shake
- 2) Yogurt: Pineapple Mango or Mix Fruits (\$12)
- 3) Butter Pecan: Praline and Cream Shake - Pecans
- 4) Banana Nut Muffin: Vanilla Shake - Banana - Oatmeal
- 5) Blueberry Muffin: Vanilla Shake - Blueberries
- 6) Strawberry Banana: Wild Berry Shake - Banana - Strawberries
- 7) Mix Berry: Wild Berry Shake - Mixed Berries (Fruit)
- 8) Strawberry Milkshake: Vanilla Shake - Strawberries
- 9) Aloha Delight: Pineapple Shake -Pineapple - Coconut
- 10) Coconut Crush: Pineapple Shake - Coconut
- 11) Cinnamon Role: Dulce De Leche Shake - Cinnamon
- 12) Oatmeal Raisin: Cookies' Cream Shake -Oatmeal
- 13) S'mores: Cookies N' Cream Shake - Granola
- 14) Banana Foster: Banana Shake - Whip Cream
- 15) Turtle Cheesecake: Chocolate Shake - Pecans
- 16) Almond Joy: Chocolate Shake - Almonds - Coco
- 17) Chunky Monkey - Chocolate Shake - Peanut Butter
- 18) Strawberry Frappe: Coffee Shake - Strawberries
- 19) Vanilla Cappuccino: - Coffee Shake -Vanilla
- 20) Miami Mango: Orange Cream Shake - Mango - Coco
- 21) Banana Caramel: Banana Shake - Pecan
- 22) Tropical Fruit: Pineapple Shake - Strawberries - Bananas
- 23) Oreo: Cookies N' Cream Shake - Oreo Cookies
- 24) Banana Split: Chocolate Shake - Bananas - Strawberries

## TEA BOOSTER:

Apple Fiber 5g \$3

Pineapple Fiber 5G \$3

Collagen Healthy Skin & Nails \$3

Probiotics- For Healthy Gut \$2

Lift off- Energy & B12 \$3

H3O- hydratio & Electrolytes \$3

# CHOOSE YOUR SHAKE

NAKED FLAVORS -  
17G PROTEIN | \$8

Cookies n Cream - Banana Caramel -  
Dutch Chocolate - Pina Colada - Orange  
Cream - Wild berry - French Vanilla -  
Cafe Latte - Dulce De Leche - Pralines &  
Cream - Strawberry Cheesecake -  
Mango Pineapple



## \$2 OFF ANY COMBO:

- 24G Protein Shake & Refresher
- 32G Protein Shake & Refresher

**SUPER \$10 | 24G PROTEIN**

**MEGA \$11 | 32G PROTEIN**

## SHAKE ADD ONS

Extra Protein-\$2

Prolessa- \$6

(Body Fat Reducing  
Powder)

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**Mon-Fri**

**6AM- 2PM**

**SAT-SUN**

**6AM-11AM**