

# THE DAILY FIX

## NUTRITION

### Specialty Combo \$13

### Basic Combo \$10

#### SHAKES \$7

1. La Maria\*
2. Churro\*
3. Fruity Pebbles\*
4. Oreo Cookies
5. Chunky Monkey (Contains Peanuts)
  - a. Can add coffee
6. Birthday Cake
7. Oatmeal Cookie
8. Banana Nut Bread
  - a. Can add coffee
9. Banana Split
10. Strawberry Shortcake
11. Dirty Chocolate Cake
12. Mango Pineapple
13. Strawberry Cheesecake
14. Sugar Cookie
15. Key Lime Pie (Contains Energy)
16. Cafe Latte
17. Muscle Maker
18. Oatmeal Butter Pecan
19. Carrot Cake

**\* Gluten Free Items \***

- **SOY PROTEIN USED IN SHAKES** -

#### ICED PROTEIN COFFEE

1. Mocha.....\$6
2. House Blend.....\$6
3. Skinny Iced Protein Coffee...\$8
4. Iced Caramel Macchiato.....\$10

#### Protein Bowls \$9

**Options:**

1. Acai bowl
2. Make any shake into a bowl

**Toppings available:**

Bananas, Strawberries, Granola, Coconut

#### SPECIALTY TEAS \$8

1. Captain America
2. Pier 39
3. Sunny Day
4. Beast
5. Queen Bee
6. Peach Ring
7. Strawberry Margarita
8. Pink Blizz
9. Mexican Lollipop
10. Gummy Bear
11. Fun Dip
12. Peach Dragon
13. Cucumber Watermelon
14. Nerds
15. Skittles
16. Jolly Rancher
17. Green Apple
18. Peach Pearls
  - a. Contains Boba

\*Add flavored boba for \$1\*

#### BASIC TEAS \$5

TEAS (Hot or Cold)

- |              |              |
|--------------|--------------|
| 1. Lemon     |              |
| 2. Raspberry | ALOE         |
| 3. Peach     | (Choose One) |
| 4. Cinnamon  | Mango        |
| 5. Chai      | Cranberry    |
| 6. Original  | Mandarin     |

#### PROTEIN DONUTS & WAFFLES

- 1 Donut-\$2.50
- 2 Donuts-\$4
- 6 Donuts-\$12
- 12 Donuts-\$16
- Waffles- \$7



**KID'S TEAS \$5**

1. Moana
2. Iron Man
3. Pink Panther

**ADD ONS**

- Donut Shot.....\$5
- Extra 5G Protein.....\$2
- Apple Fiber.....\$2
- Tropical Fiber (vegetarian).....\$2
- Probiotics.....\$2
- Collagen.....\$2

# Nutrition Facts

## *Waffles*

- 300 Calories
- 26G Protein
- 39G Carbs
- 6G Fiber
- 8G Sugar
- 4G Fat

## *Donuts*

- 125 Calories
- 4G Sugar
- 9G Protein
- 19G Carbs
- 4G Fiber

## *Shakes*

- 24G of protein
- 21 Essential Vitamins & Minerals
- 4G Fiber

## *Coffee*

- 15G Protein
- 2G Sugar
- Provides Good Feeling & Healthy Energy
- Boosts Metabolism
- 100 Calories

## *Teas*

- Boosts Metabolism
- Burns 80-100 Calories
- Ginseng & Gingko for Focus
- B Vitamins for Sustained Energy