

# The MENU

*Shake:* **HUB CITY NUTRITION**  
HEALTHY BALANCED MEAL

\*GLUTEN FREE

*vanilla*

- Banana Bread\*
- Birthday Cake
- Blue Moon\*
- Cinnamon Toast Crunch\*
- Cookies & Cream
- Cafe Latte\*
- Caramel Macchiato\*
- Maple Nut\*
- Nutter Butter\*
- PB Cookie
- Salted Nut Roll\*
- Sugar Cookie\*
- White Choc. Butterfinger
- Vanilla Mint Chip

*chocolate*

- Choc. Caramel Cookie
- Choc. PB Banana\*
- Espresso Brownie
- Fudgesicle
- Reese's Cup
- Rolo
- Sea Salt Caramel
- Scotcheroo
- Thin Mint

*fruity*

- Berry Banana\*
- Blueberry Muffin\*
- Cherry Dipped Cone\*
- Fruity Pebbles\*
- Lemon Bar\*
- Orange Creamsicle\*
- Strawberry Cheesecake\*

*fat reducing shakes*

- Frosted Cinnabon
- Frosted Strawberry Cupcake
- French Silk Pie
- Lemon Blueberry Scone
- Powdered Donut

*for the GYM*

**TEA ENHANCERS**

**BCAAs** (green apple)

Supports muscle recovery, builds + retains lean muscle, stimulates muscle growth, & curbs muscle breakdown.

**CR7 Drive** (acai berry)

loaded with 320mg of electrolytes, refuels your energy.

**H3O** (orange)

supports rapid hydration

**SHAKES** (whey + casein, a slow release protein, provides amino acids for muscle rebuild)

- Barbell Brownie
- Muscle Mint
- Ripped Reese's
- Strong-berry Shortcake
- Tough Cookie

>>> need MORE protein? add 12g with a scoop of enhanced protein powder

# The MENU

Tea:

**HUB CITY**  
NUTRITION

**BOOSTS METABOLISM & ENERGY**

32oz

Cherry Limeade  
Good Grape-cious  
Maui Wowi  
Northside  
Pink Starburst  
Southside

24oz

Beauty & the Beast  
Captain America  
Fruit Potion  
Pineapple Punch  
Tropical Explosion

16oz

Beauty Tea  
Chai Latte  
Immunity Boost  
Pom Bomb  
Snozberry

Protein Coffee

iced or hot

Caramel Macchiato  
House Blend  
Mocha  
S'mores  
Salted Caramel  
Raspberry Truffle

for the **KIDS**

teas

Blue Blast  
Cherry Bomb  
Grape Popsicle  
Gummy Worm  
Sunny D

shakes

Cocoa Puffs  
Cookie Monster  
Froot Loops  
Funfetti Cupcake  
Root Beer Float