

alioth shakes + drinks

COCO BANANA (V)

Almond Milk, Banana, V. Protein

236 / 28g / 19g / 5g

35

PINK GODDESS (V)

Coconut Milk, Oats, Cashew Butter, Raspberries, Chia Seeds, V. Protein

634 / 57g / 32g / 31g

40

GREEN MACHINE (V)

Almond Milk, Banana, Spinach, Almond Butter, V. Protein

500 / 33g / 31g / 27g

40

PURE PROTEIN

Almond Milk, Banana, Peanut Butter, Chocolate/Vanilla Whey

507 / 34g / 36g / 25g

35

SUMMER BLISS (V)

Coconut Water, Spinach, Apple, Ginger, Mango

119 / 45g / 3g / 1g

35

PINANA COOL

Almond Milk, Banana, Pineapple, Vanilla Whey

267 / 35g / 22g / 4g

35

BERRY SMOOTH (V)

Almond Milk, Banana, Strawberries, Peanut Butter, V. Protein

506 / 40g / 29g / 25g

35

SKINNY FUDGE

Almond Milk, Peanut Butter, Cocoa Powder, Chocolate Whey

425 / 18g / 32g / 25g

35

THE COOLDOWN

Coconut Milk, Banana, Avocado, Blueberries, Lemon, Vanilla Whey

310 / 44g / 21g / 6g

40

MUSCLE BEACH

Coconut Water, Glutamine, 2 X Vanilla Whey

253 / 16g / 44g / 2g

40

PURE BERRY (V)

Almond Milk, Strawberries, Banana, Blueberries, Peanut Butter, V. Protein

570 / 55g / 30g / 25g

40

LOW CAL (V)

Blueberries, Strawberries, Water, V. Protein

185 / 25g / 18g / 1g

35

MATCHALICIOUS (V)

Almond Milk, Matcha, Cashew Butter, Spinach, Banana, V. Protein

503 / 36g / 29g / 27g

40

MUSCLE UP SMOOTHIE (V)

Coconut Milk, Almond Butter, Chia Seeds, Maca, V. Protein

461 / 23g / 29g / 28g

35

DATE LIFT (V)

Almond Milk, Banana, Dates, Cashew Butter, V. Protein

545 / 48g / 28g / 27g

35

SALTED CARAMEL (V)

Coconut Water, Banana, Dates, Himalayan Salt, V. Protein

265 / 44g / 18g / 2g

35

KCAL / CARBS / PROTEIN / FATS



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SUMMER BLUE

35

*Almond Milk, Banana, Blue Spirulina,
Vanilla Whey*

245 / 28g / 23g / 5g

HERO BREAKFAST (V)

40

*Coconut Milk, Oats, Maca, Blueberries,
Strawberries, V. Protein*

405 / 63g / 23g / 7g

KETO SASS (V)

40

*Coconut Milk, Spinach, Almond Butter,
Blueberries, Vanilla Extract, V. Protein*

508 / 37g / 30g / 27g

GREEN LIFT (V)

40

*Almond Milk, Banana, Cashew Butter,
Dates, Green Spirulina, V. Protein*

498 / 35g / 29g / 27g

GREEN SEOL (V)

40

*Almond Milk, Banana, Strawberries, Blueberries,
Almond Butter, Green Spirulina, V. Protein*

593 / 54g / 32g / 28g

HEALTH SMOOTHIE (V)

40

*Almond Milk, Banana, Spinach,
Chia Seeds, Flax Seeds, V. Whey*

302 / 33g / 23g / 9g

WELLNESS SHOT (V)

20

Lemon, Ginger, Cayenne, Celery

MUSCLE UP SHOT (V)

20

*Orange Juice, Glutamine,
Creatine, BCAA, Ice*

add ons

<i>Espresso</i>	7
<i>Creatine</i>	7
<i>Glutamine</i>	7
<i>Amino Shot</i>	7
<i>BCAA</i>	7
<i>Pre-Workout</i>	8
<i>Maca</i>	5
<i>Acai Powder</i>	5
<i>Chlorella</i>	5
<i>Whey Protein</i>	5
<i>Vegan Protein</i>	6

fresh juices

<i>Orange Juice</i>	25
<i>Apple Juice</i>	25
<i>Carrot Juice</i>	25
<i>Mixed Juice (Orange & Carrot)</i>	25

substitutions

<i>Whey Protein</i>	6
<i>Vegan Protein</i>	6
<i>Peanut Butter</i>	6
<i>Almond Butter</i>	6
<i>Cashew Butter</i>	6

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