

PROTEIN SHAKE

PURE PROTEIN

35 AED

milk, banana, peanut butter
vanilla/ choc protein.

PINANA COOL

35 AED

milk, banana, pineapple
+ vanilla protein

BANANGO

40 AED

milk, mango, banana, almond butter
+ vanilla protein

MUSCLE BEACH

40 AED

coconut water, glutamine,
2 x whey protein

LOW CAL

35 AED

blueberries + strawberries, water,
vanilla protein

PURE BERRY

40 AED

milk, strawberries, banana, blueberries,
peanut butter + vanilla protein

DATE LIFT

35 AED

milk, dates, banana, cashew butter
+ vanilla protein

MATCHALICIOUS

40 AED

milk, matcha, cashew butter, spinach,
banana, vanilla protein

alioth كروسفت
FUEL BAR

PROTEIN SHAKE

build your own

+ADD MILK/ WATER

5 AED

oat/ coconut/ almond

+ADD PROTEIN

5-15 AED

whey/ vegan/PODIUM

+ADD FRUITS

5 AED

berries/ pineapple/mango/
banana

+ADD NUT BUTTER

5 AED

cashew/ almond/ peanut

+LEVEL UP

glutamine/ BCAA/ creatine/ 7 AED

collagen/ oats/ granola/ chia

FUEL BAR

HYDRATION

BCAA

10 AED

MCNX SLUSHIE

15 AED

COFFEE

AMERICANO

LATTE

CAPPUCCINO

ESPRESSO

+ ADD PODIUM Cinnamon Roll Collagen