



*** PROTEIN COFFEE * HERBAL TEA * GREENS * HYDRATION* BOBA**

MEGA TEAS \$8

0 SUGAR, 24 CALORIES,
ANTIOXIDANTS, B6, B12
AND CAFFIENE

PINEAPPLE CRUSH
TROPICAL & PINEAPPLE

WATERMELON CRAWL
LIME & WATERMELON

BOMB POP
POMEGRANATE & BLUE
RASPBERRY

SUNRISE
POMEGRANATE,
STRAWBERRY &
PINEAPPLE

BLUE HORIZON
TROPICAL, PINEAPPLE &
BLUE RASPBERRY

CUCUMBER LIME
LIME WITH HINT OF
CUCUMBER

BLACKBERRY LEMONADE
BLACKBERRY, BLUE
RASPBERRY

GUMMY BEAR
TROPICAL, PINEAPPLE
& PINK STARBURST

SUMMERS DAY
TROPICAL, STRAWBERRY
KIWI & PINEAPPLE

PRICKLY PEAR
POMEGRANATE, PINK
STARBURST AND PEAR

GREENS
WHEATGRASS, SPIRULINA,
PINEAPPLE, CUCUMBER

ADD ONS \$2 ea.
VITAMIN C
PROBIOTIC

HERBAL TEA \$4
GREEN TEA PAIRED WITH (AOE)
RASPBERRY, LEMON, PEACH
CHAI OR CINNAMON

PROTEIN COFFEE \$5/\$7
(15G OF PROTEIN ONLY 100
CALORIES)

HOUSE BLEND
CARAMEL
MOCHA

REFRESHERS \$6/\$8
17G OF PROTEIN, 0 SUGAR, 90
CALORIES! COLLAGEN

PEACH MANGO
BERRY BLAST

KIDS DRINKS \$3

**All drinks can be made
with or without
Herbalife Supplements.**

**LOCATED INSIDE THE
MARY SUE RICH CENTER AT
REED PLACE
1821 NW 21st Ave**



SMOOTHIES PROTEIN WAFFLES SMOOTHIE BOWLS DONUTS

ALL SHAKES ARE UNDER 220 CALORIES AND 24G OF PLANT BASED PROTEIN

SMOOTHIE BOWLS \$10
TURN ANY BLEND INTO A SMOOTHIE BOWL
Choose your bowl & Pick your toppings

- CHAI SEEDS ' COCONUT
- GRAHAM CRACKERS
- BANANA
- STRAWBERRIES
- GRANOLA
- CHOCOLATE CHIPS
- BUTTERSCOTCH

Located inside the Mary Sue Rich Center at Reed Place 1821 NW 21st Ave Ocala, FL

FOLLOW US ON SOCIAL

SPECIALITY BLENDS \$8
MADE WITH ALMOND MILK, GREEK YOGURT, FRESH FRUITS OPTIONAL

- ELVIS (BANANA AND PEANUT BUTTER)
- BEACH BUM PINA COLADA AND ORANGE CREAM
- SNICKERDOODLE CINNAMON AND COOKIES AND CREAM

- BERRY BANANA BLAST STRAWBERRY BANANA
- COFFE LOVERS CAFE LATTE AND PRALINES
- BIRTHDAY CAKE FRENCH VANILLA WITH SPRINKLES
- PEANUT BUTTER CHEESECAKE

- BROWNIE BATTER DUTCH CHOCOLATE WITH BROWNIES
- STRAWBERRY CHEESECAKE
- MANGO PINEAPPLE

PROTEIN WAFFLES \$10
GLUTEN FREE 220 CALORIES 30G OF PROTEIN

- BANANA CARAMEL
- COOKIES AND CREAM
- CHOCOLATE
- VANILLA
- STRAWBERRY
- PRALINES

PROTEIN DONUTS
MADE WITH ALMOND FLOUR, 30G PF PROTEIN 300 CALORIES PER 6
6 for \$9
12 for \$17
CHOCOLATE LOVER
CINNAMON
COOKIES AND CREAM





Grab & Go

- Yogurt Parfait \$4
- Hummus and Veggies \$4
- Chicken Salad \$5
- Tuna Salad \$4
- Pasta Salad \$3
- Fruit Salad \$4

Fresh Salads

650-800 calories per salad

\$9 Greek Salad: Romain, Kalamata Olives, Feta, Tomato, Cucumber, Red Onions

\$11 Chef Salad: Spring Mix, Tomato, Onion, Turkey, Ham, Cucumbers, Mixed Cheese Salami, Ham and Turkey

\$11 Cobb Salad: Romain, Spring Mix, Egg, Tomato, Cucumber, Onion, Bacon, Grilled Chicken

Wraps and Sandwiches

Whole Wheat or Spinach
Whole Wheat, Sourdough, Rye

\$8 Greko: Spring Mix, Turkey, Salami Kalamata Olives, Feta, Tomato.

\$9 Turkey Bacon: Turkey, Bacon, Provolone Cheese, Romain, Tomato.

\$7 Soccer Mom: (vegetarian option)
Hummus, Spring mix, Tomato, Cucumber, Onion, Olives.

\$9 Classic Italian: Salami, Ham, Cheese, Lettuce, Tomato, Onion.

\$8 Tuna: Classic Tuna Salad, Spring mix and optional veggies

\$9 Chicken Salad: Classic Chicken Salad, Spring Mix, optional veggies.