

shakes

"shakes" refer to the consistency of these wholesome drinks. They are not milkshakes nor empty calorie treats. Each shake is a properly balanced meal designed to assist you in reaching your fitness goals.

the Energizer

soy milk, natural peanut butter, honey, wheat germ, flax seed and banana. A delicious source of soy protein, fiber AND low glycemic carbohydrates for a long lasting energy boost, tastes similar to a bit-o-honey.

the Island Breeze

a tropical taste sensation! 100% orange juice, pineapple, coconut and banana with vanilla whey protein.



the Skinny Monkey

a chocolaty/peanutty banana flavor explosion!

low-fat chocolate milk, natural peanut butter, banana and chocolate whey protein.

"Blonde" substitute vanilla whey for chocolate whey.

"Albino" no chocolate, substitute vanilla whey for chocolate whey and skim milk for chocolate milk.

the DFC Muscle Builder

This drink will help build muscle AND burn fat. Oh Yeah... It's DELICIOUS! Packed with 36 grams of protein. (only available in 24 oz.) contains creatine

Flavors; **Strawberry**, **Chocolate Milk**, **Chocolate Caramel Pecan** or **Crème Brule**.

16 oz. \$3.75

24 oz. \$4.50

add fruit (banana or strawberries) .75

extra sweet (peanut butter and honey) .75

extra protein (23 g. whey-van, choc or berry) 1.00

extra Muscle Builder (36 g. protein) 2.00

extra flax seed or wheat germ .75

fruit

check menu board, price and variety vary by season

fruit juice



orange, apple, pineapple, grape

regular - 12 oz. .75

large - 16 oz. 1.00

bagels

plain, whole wheat, pumpernickel, raisin/cinnamon

.75

Add:

peanut butter .25

crème cheese .25



yogurt

strawberry, peach, blueberry

.75

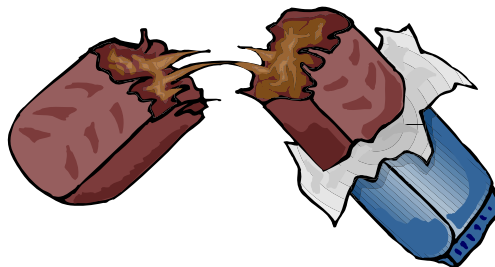
protein bars

Chocolate Caramel Crunch 3.00

Chocolate Marshmallow Fudge 3.00

White Choc/Peanut Butter Energy 2.00

Chocolate/Peanut Butter Energy 2.00



coffee

epicurean, seattle blend, hazelnut, decaf



regular - 12 oz. 1.00

large - 16 oz. 1.25

tea



many varieties

regular - 12 oz. 1.00

large - 16 oz. 1.25

Add:

Honey .25



energy drinks

Von Dutch - 16 oz. 2.50

Full Throttle - 16 oz. 2.50

These drinks come regular or sugar-free.
Both contain caffeine.

