

Shake



• SHAKE THIS •

DRINK MENU

Gainers

All gainer shakes are 20 oz. blended with three different sources of protein, skim milk and various other quality ingredients. Gainers have at least 550 calories and have a minimum of 55 grams of protein.

\$4.75

Large & In Charge™

Make people think there has been an eclipse when you walk by after drinking this mega charged mixture of chocolate and peanut butter.

Pro-58 • Carb-63 • Fat-11 • Cal-627

Freakazoid™

Be careful not to scare anybody after drinking this freaky mixture of pineapple juice, bananas and pineapple chunks.

Pro-56 • Carb-100 • Fat-4 • Cal-673

Chunky Monkey™

Don't let us catch you swinging from the equipment after drinking this creamy combination of carmel, honey and banana.

Pro-55 • Carb-77 • Fat-4 • Cal-558

Maximum Overload™

Don't overload your biceps when trying to curl this popular combination of strawberries and bananas.

Pro-55 • Carb-77 • Fat-4 • Cal-583

Cookie Monster™

We raided the cookie jar to make this thick chocolatey Oreo® extravaganza.

Pro-58 • Carb-63 • Fat-11 • Cal-627

\$6.00

Master Blaster™

Be the master of the universe when you blast off with a tropical blend of mango, guava and pineapple juices, pineapples, strawberries, bananas, creatine, spirulina and ginseng.

Pro-61 • Carb-110 • Fat-5 • Cal-735

BURNERS

All Burner shakes are 20oz. blended with Quality Protein Powder and the Fat Stripper Blend. Each also contains a minimum of 20 grams of protein.

\$3.25

Itty Bitty™

Fit into an Itsy-Bitsy-Teeny-Weeey something with this combination of mango, guava and pineapple juices, pineapple and banana.

Pro-20 • Carb-60 • Fat-1 • Cal-328

Fat Buster™

Say good-bye to the fat and hello to the trimmer you with this mixture of raspberry, apple and guava juice, banana, pineapple and strawberries.

Pro-20 • Carb-71 • Fat-1 • Cal-373

The Invisible Man™

Okay, you might not disappear but the fat will after drinking this popular blend of strawberries and bananas.

Pro-20 • Carb-51 • Fat-1 • Cal-293

Yummy Tummy™

Through the teeth and over the gums, look out stomach, here it comes! Chocolate and peanut butter make this a favorite.

Pro-22 • Carb-31 • Fat-8 • Cal-317

Tuti-Fruiti™

Wop-bop-aloo-bop-a-wop-bam-boom. Good golly Miss Molly this mixture of raspberry juice, strawberries, blueberries and bananas will shake you up.

Pro-20 • Carb-64 • Fat-2 • Cal-349

Banana Bonita™

Slim down with this south-of-the-border favorite which includes a delicious blend of pineapple juice, banana, pineapple and coconut.

Pro-20 • Carb-61 • Fat-1 • Cal-333

BUILDERS

Every builder shake is 20 oz. blended with Quality Protein Powder, skim milk and various other quality ingredients. Builders have at least 35 grams of protein, are low in fat and can be "Jacked Up" with 10 grams of creatine for only \$1.00.

\$3.75

Peanut Butter Cup Extreme™

After drinking this liquid peanut butter cup you'll never look for candy again.

Pro-40 • Carb-47 • Fat-9 • Cal-472

Pump It Up™

Listen to me now and hear me later "We want to PUMP U-UP" with this creamy mixture of strawberries and bananas.

Pro-37 • Carb-61 • Fat-3 • Cal-428

No Bake Cookie™

Don't feel guilty if this tastes better than your mom used to make! We won't tell.

Pro-41 • Carb-59 • Fat-9.5 • Cal-492

Mighty Mouse™

"Here we come to save the day" with a whole bunch of Oreos® and chocolate.

Pro-40 • Carb-47 • Fat-10 • Cal-472

Purple People Eater™

Get ripped and shredded to the bone with this blueberry banana bomb.

Pro-37 • Carb-65 • Fat-3 • Cal-444

PB&J™

Jiffy® and Smucker's® will be envious of this shake. It's so much better in a shake than on bread!

Pro-41 • Carb-59 • Fat-9.5 • Cal-465

Thin Mint™

You'll think we own stock in girl scout cookies after tasting this delicious blend of chocolate mint and Oreos®!

Pro-40 • Carb-62 • Fat-9.5 • Cal-500

Great Balls of Fire™

Goodness Gracious Great Balls of Fire is what you'll be saying after drinking this Butterfinger® taste-alike which includes bananas, hazelnut and peanut butter.

Pro-41 • Carb-60 • Fat-9.5 • Cal-530

Coconut Almond™

You know the old saying, "sometimes you feel like a nut..." Enough said. This tastes just like an Almond Joy®!

Pro-36 • Carb-63 • Fat-2.5 • Cal-425

Caramel Apple™

You'll think that we just picked this shake up at the County Fair! Don't worry, it doesn't come on a stick.

Pro-36 • Carb-64 • Fat-2.5 • Cal-435

German Chocolate Cake™

After drinking this shake, you'll think we have a baker in the back. Enjoy!

Pro-36 • Carb-53 • Fat-2.5 • Cal-385

Buff Boy/Girl™

You will look like you've been sculpted from stone after drinking this delicious blend of chocolate and banana.

Pro-37 • Carb-56 • Fat-2.5 • Cal-403

Candy Bar Craving™

This tastes like a Snickers®. It's so good you'll be looking for the candy bar wrapper in the bottom of your cup.

Pro-40 • Carb-47 • Fat-9.5 • Cal-440

SUPPLEMENT BLENDS

Add any of these blends to your shake for \$.50
or have a Stand Alone Shot with your choice of juice for \$1.50, shaken, not stirred.

Fat Stripper Blend

Keep your jeans from looking like spandex with this blend of herbs, supplements and fat burning agents.

Energy Blend

If your wagon is draggin', get dialed up and plugged in with this movement making combo.

Smart Blend

Einstein Who? Get the creative juices flowing with this brain wave wonder.

Relaxing Blend

Take a chill pill, everything is groovy baby with this nerve calming combo.

Multi Vitamin Blend

Forget to eat your veggies today, no problem.

Vitamin A, Thiamin B1, Ribo Flavin B2, Niacin B2, Vitamin B6, Vitamin B12, Biotin, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Panthothenic Acid, Calcium, Iodine, Iron, Magnesium, Phosphorus, Potassium, Sodium, Copper, Zinc

& ADD ONS

\$1.00

Fit Performance

An ideal protein powder to use for a meal replacement. This is our most popular and highest quality protein powder.

Pro-10 • Carb-15 • Fat-7 • Cal-110

Whey Protein

Lactose free and easy for your body to digest, absorb and use.

Pro-16 • Carb-3 • Fat-1 • Cal-90

Creatine (10 Grams)

Creatine can be one of the muscles main sources of energy. Creatine forces fluid into the muscle which in return helps muscles recover faster, handle heavy loads and have more endurance. (which all lead to quicker muscle growth) Ask for any shake "Jacked Up"

Glutamine (5 Grams)

Aids in muscle recovery by increasing blood levels to help the body regulate protein synthesis. High levels of glutamine signal a need for growth hormone.



Specialty COFFEES

(Available at select locations)

Espresso \$1.00

A full bodied coffee characterized by a rich creamy head.

Machiato \$1.50

A spoonful of froth on a serving of espresso an Italian specialty.

Cafe Americano \$1.00

A serving of espresso and hot water a great substitute for drip coffee.

Cappuccino \$1.75

1/3 espresso, 1/3 steamed milk, 1/3 frothed milk a great way to start your morning!

Flavored Cappuccino \$2.00

Cafe Latte \$2.00

A serving of espresso with steamed milk and a spoonful of frothed milk mixed together.
(BIGGEST SELLER)

Flavored Cafe Latte \$2.25

Extra shot of espresso \$.50

We also use numerous sugar free flavorings which include: Hazelnut, Vanilla, Strawberry, Irish Creme, Chocolate, Almond, Carmel, Raspberry, etc...

COFFEE CONCOCTIONS

You will think somebody froze your mocha latte after drinking this frozen chocolatey coffee favorite.

As a Weight Gainer (20 oz) **\$4.75**
Pro-54 • Carb-61 • Fat-4 • Cal-508

As a Muscle Builder (20 oz) **\$3.75**
Pro-36 • Carb-42 • Fat-2 • Cal-300

As a Fat Burner (20 oz) **\$3.25**
Pro-18 • Carb-17 • Fat-1 • Cal-190

Ask for your Eskimo to ride a White Zebra and we'll make it frozen vanilla latte.

Ask for your Eskimo to be an Insomniac and we'll give you a double shot of espresso. (add \$.50)

CARB DEPLETED SHAKES

\$3.25

Please specify Milk or NO-Milk

With Milk

Pro-40 • Carb-18 • Fat-3 • Cal-260

Without Milk

Pro-32 • Carb-6 • Fat-3 • Cal-180

Possible flavors: Chocolate, Vanilla, Strawberry Vanilla,
Chocolate Caramel Hazelnut Vanilla, Raspberry Vanilla, etc.

S.M.O.K.I.N. SMOOTHIES

\$2.75

Your choice of
2 or 3 of the
following fruit
juices:

Passion/Mango

Guava

Pineapple

Raspberry

Apple

Your choice of
2 or 3 of the
following fruits:

Bananas

Strawberries

Blueberries

Raspberries

Pineapple

Please specify "Milk" or "NO-Milk"
in your smoothie.

With Milk

Pro-9 • Carb-60 • Fat-0 • Cal-276

Without Milk

Pro-1 • Carb-48 • Fat-0 • Cal-196

Jack it Up 10 grams of creatine for \$1.00



678-840-4979

Located inside:

New Life Fitness

125 Commons Way • St. 206 • Villa Rica, GA 30180

Open to the Public / No Membership Required

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~~770-607-7449~~