

# PROTEIN SHAKES

\$6.95

## WAKE ME UP

Espresso, Chocolate, Peanut Butter, Banana, Chocolate, and Whey Protein.

## PROTEIN-LICIOUS

Banana, Chocolate Syrup, Peanut Butter, Vanilla Whey Protein.

## BERRY POWER

Mixed Berries, Banana, Whey Protein

# MAKE YOUR OWN JUICE

Select any four ingredients (16 oz.) \$5.25

## FRUITS & VEGETABLES

Apple, Orange, Grapefruit, Pineapple, Banana, Strawberries, Blackberries, Lemon, Carrot, Cucumber, Celery, Beetroot, Spinach

## ADD INS

Milk, Skim Milk, Soy Milk, Chocolate Syrup, Peanut Butter, Yoghurt, Caramel, Vanilla Ice Cream Base, Whey Protein (Vanilla, Chocolate)

## SUPPLEMENTS

BCAA, Fiber, Glutamine, Creatine, Multivitamins (\$0.75 each)

## SIGNATURE JUICES & SMOOTHIES ON THE FLIPSIDE.

ALL OF THESE ARE INCLUDED IN DELUXE AND REFRESHMENT BEVERAGE PACKAGES

An 18% gratuity will be added to your check. VAT may apply for certain ports or itineraries.  
Not made in a food allergen safe environment - if you have any allergies please notify your server.  
Items subject to change based on availability.

# SIGNATURE JUICES & SMOOTHIES

(16 oz.) \$8.25

## MORNING GLORY

Beetroot, Carrot, and Orange.

## ABCG

Apple, Beetroot, Carrot, and Ginger.

## THE MEAN GREEN JUICE

Cucumber, Green Apple, Celery, and Spinach.

## IMMUNE BOOSTER

Orange Juice, Lemon, Ginger.

## HEALTHY HEARTBEAT JUICE

Green Apple, Carrot, Ginger, Beetroot, and Lemon.

## ADIOS COFFEE

Apple, Carrot, Green Tea, Honey, Lemon, and Orange.

## LEMON GINGER ZINGER

Apple, Carrot, Ginger, and Lemon.

## VERY BERRY BANANA SMOOTHIE

Blackberries, Strawberries, and Banana

## FILL ME UP

Pineapple, Peanut Butter, Banana, and Vanilla Ice Cream Base

## PROTEIN SHAKES & MAKE-YOUR-OWN JUICES ON FLIPSIDE.

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