

# PROTEIN SHAKES

Made with unsweetened almond, cashew, or coconut milk, made fresh daily in-house.  
No added sugars, no preservatives, only real ingredients your body needs.

## Whey

### FACTORY FAVORITE

Chocolate whey protein, unsweetened almond milk, 100% acai, blueberries, homemade peanut butter, chia seeds, Himalayan salt.

P: 26 F: 10 C: 13 Cal: 248

115 K

### GREEN GAINS

Vanilla whey protein, wheatgrass, avocado, spirulina, banana, mint, dates, Himalayan salt, unsweetened almond milk, chia seeds.

P: 26 F: 5 C: 39 Cal: 286

102 K

### MATCHA KITKAT

Chocolate whey protein, unsweetened almond milk, matcha, raw cocoa powder, banana, dates.

P: 28 F: 6 C: 44 Cal: 334

107 K

### HYROX PUMP

MUSCLE BUILDING NEW

Vanilla whey protein, banana, pineapple, avocado, homemade cashew butter, blue spirulina, unsweetened coconut milk.

P: 27 F: 22 C: 90 Cal: 431

105 K

### PUMPKIN SPICE

Vanilla whey protein, pumpkin, banana, unsweetened coconut milk, pumpkin spice, Himalayan salt.

P: 25 F: 7 C: 22 Cal: 249

102 K

### BODY FACTORY BABE

Vanilla whey protein, unsweetened coconut milk, dragon fruit, blueberries, strawberries, coconut cream.

P: 26 F: 12 C: 18 Cal: 278

107 K

### BERRY STRONG

NEW

Vanilla whey protein, raspberry, banana, greek yoghurt, homemade unsweetened coconut milk. Topped with house-made raspberry jam, coconut flakes & fresh raspberries.

P: 40.2 F: 12.6 C: 37.2 Cal: 376

105 K

### PINACOLADA

Vanilla whey protein, pineapple, banana, unsweetened coconut milk.

P: 24 F: 4 C: 30 Cal: 243

102 K

### BERRY BOOTY ★

Whey protein of your choice, unsweetened almond milk cashew milk, banana, strawberries, raspberries.

P: 28 F: 9 C: 53 Cal: 309

107 K

### OPTIMIZED YOGI ★

Whey protein, blueberries, coconut yoghurt, MCT oil, overnight oats, homemade cashew and almond butter, maca, Himalayan salt, banana, unsweetened almond milk, chia seeds.

P: 28 F: 15 C: 40 Cal: 382

115 K

### BREAK THE FAST

NEW

Whey Protein Isolate, flaxseed meal, MCT oil, spirulina, creatine, banana, unsweetened almond milk, Greek yoghurt, cinnamon

P: 26 F: 20 C: 40 Cal: 382

115 K

### COOKIES AND CREAM ★ MILKSHAKE

Vanilla whey protein, skim milk, vanilla extract, monk fruit, oreo cookie crumbs.

P: 28 F: 5 C: 28 Cal: 218

102 K

115 K

### MR.MUSCLES

Whey protein of choice, coconut water, coconut cream, egg white, banana, dates.

P: 32 F: 9 C: 53 Cal: 406

107 K

★ BEST SELLER

PRICES INCLUDE TAX & SERVICE

## Keto

### HULK ON KETO ★

Vanilla whey protein, unsweetened almond milk, spinach, avocado, mint leaves, maca, organic almond butter, cinnamon, Himalayan salt & cacao nibs.

**P: 27 F: 18 C: 13 Cal: 319**

### GOLDEN MILK ★

Vanilla whey protein, unsweetened almond milk, coconut cream, BFB trilogy butter, turmeric, cinnamon.

**P: 27 F: 21 C: 14 Cal: 357**

### KETOCINO

Whey protein of your choice, unsweetened almond milk, raw almonds, avocado, cacao nibs, coconut cream, MCT oil & a shot of espresso.

**P: 28 F: 28 C: 13 Cal: 410**

## Vegan

### VEGAN FACTORY FAVORITE

Pea protein isolate unflavored, unsweetened almond milk, 100% acai unsweetened, blueberries, organic peanut butter, chia seeds & Himalayan salt.

**P: 27 F: 12 C: 23 Cal: 296**

### BERRY BOOTY ★

Pea protein isolate unflavored, unsweetened cashew milk, banana, strawberries, raspberries.

**Protein: 24 | Fat: 5 | Carbs: 48 | Calories: 298**

### PB & J ★

Pea protein isolate unflavored, unsweetened coconut milk, banana, strawberries, blueberries, raspberries, peanut butter.

**P: 26 F: 8 C: 23 Cal: 296**

105 K

### POPEYE

Pea protein isolate unflavored, organic coconut water, spinach, avocado, mango, cucumber, turmeric & a squeeze of lemon.

**P: 28 F: 5 C: 34 Cal: 274**

### CHOCOLATE JUNKIE ★

Pea protein isolate unflavored water, banana, cocoa powder, dates & cinnamon.

**P: 28 F: 10 C: 57 Cal: 388**

### VEGAN GAINZZZ MUSCLE BUILDING

Pea protein isolate unflavored, banana, coconut syrup, cashew butter, dates, a dash of lemon.

**P: 26 F: 20 C: 68 Cal: 530**

100 K

100 K

100 K