

NATURAL JUICES

12oz | \$6.50

16oz | \$7.50

CARROT TOP | carrots, apples & ginger

SWEET BEET | apples, beets & carrots

VEGGIE KICK | tomato, celery, carrot & cucumber

COOL & LIGHT | carrots, lemon, apples & cucumber

BOOSTER SHOT | oranges, lemon, ginger & apple

GREEN LEMONADE | kale, lemon, ginger, apple, cucumber, & celery

KIDS' SHAKES | \$4.50

BALANCED NUTRITION | 12oz

JR. CHOCOLATE FROSTY

small shake with big taste – choice of milk blended with rich chocolate & 10g chocolate whey protein

THE HULK

sweet pineapple, coconut, spinach, kale, avocado & tangy lemon blended with 10g vanilla whey protein

COOKIE MONSTER

choice of milk, vanilla cream & organic sandwich cookies blended with 10g chocolate whey protein

STRAWBERRY SHORTCAKE

scrumptious blend of sweet strawberries & banana blended with 10g vanilla whey protein

SAVE WITH A SHAKE CARD

Rejuvenate yourself inside and out! When you buy a shake card with 10 shakes, get the 11th shake FREE. Save money while refueling your body. See a cashier to buy your card today.

WHAT DID YOU DO TODAY?

Did you know that certain shakes are designed to help your body recover depending on the type of workout you did or how hard you trained? Our "Shakes by Workout" brochure is a comprehensive guide to ordering your shake.

CARDIO

FUNCTIONAL TRAINING

LIGHT WORKOUT / SENIORS

HEAVY WEIGHT TRAINING

MIND BODY

MEAL REPLACEMENT

ASK TO SEE A

"SHAKES BY WORKOUT"

BROCHURE TO SELECT THE

SHAKE THAT'S RIGHT FOR YOU.



SHAKES & JUICES

THE ATLANTIC CLUB

732.223.2100 EXT. 478

1904 Atlantic Ave. Manasquan, NJ 08736



REFUEL & RECOVER | \$6.50

UNIQUE BLENDS FOR RECOVERY | 20oz

STRAWBERRY SLAM

strawberries, strawberries & more strawberries blended with banana & 20g vanilla whey protein

BERRY BERRY GOOD

strawberries, blueberries, blackberries & raspberries blended with banana & 20g vanilla whey protein

CHOCOLATE FROSTY

choice of milk with creamy chocolate & 40g chocolate whey protein

MANGO CRUSHER

tropical mangoes, strawberries & banana blended with 20g vanilla whey protein

HAWAIIAN HARVEST

crushed pineapple, coconut & banana blended with 20g vanilla whey protein

CHOCOLATE THIN MINT

choice of milk, dark chocolate, mint & 'Get Lean' blended with 30g chocolate whey protein

MO MASS

choice of milk, natural peanut butter, oatmeal & banana blended with chocolate or vanilla 'Daily Mass Builder'

ORGANIC COOKIE CRUNCH

choice of milk, vanilla & organic sandwich cookies blended with 30g vanilla whey protein

FUEL YOUR RECOVERY

Did you know that you have a limited time to recover after a workout? Our delicious protein shakes will help your body recover after your workout, and they taste great too!

VEGGIE FUSION | \$7

REFUEL & DETOX | 20oz

I LOVE VEGGIES

crushed pineapple, spinach, kale, avocado, lemon, banana & 20g vanilla whey protein

COCONUT GROVE

choice of milk, shredded coconut, spinach, vanilla bean, & kale blended with 30g vanilla whey protein

GREEN BALANCE

choice of milk, spinach, kale, banana, vanilla bean, flax seed oil & honey blended with 20g vanilla whey protein

TRIM & LOW-CAL | \$6

FOR THE CALORIE CONSCIOUS | 20oz

PB CUP LITE

choice of milk, chocolate & organic 'PB Lite' blended with 20g chocolate whey protein

BERRY LEAN

raspberries, strawberries, blackberries, blueberries, banana, flax seed oil & 'Get Lean'

BODY SHREDDER

choice of milk blended with banana, 5g creatine, 'Get Regular' & choice of 30g chocolate or vanilla whey protein

SKINNY MINNY

choice of milk, organic 'PB Lite' & banana blended with 20g vanilla whey protein

MOCHA MELT

colombian coffee, chocolate & 'Get Lean' blended with 20g vanilla whey protein

MEAL REPLACEMENT | \$6.75

A LOW-GLYCEMIC MEAL-IN-A-CUP | 20oz

PEANUT BUTTER CUP

choice of milk, chocolate & natural peanut butter blended with 40g chocolate whey protein

BANANA NUT BLAST

choice of milk, natural peanut butter & banana blended with 40g vanilla whey protein

VANILLA BEAN

choice of milk, banana, creamy vanilla yogurt & vanilla bean blended with 'Get Regular,' flax seed oil & 30g vanilla whey protein

SHAKE ADD-INS

PLANT PROTEIN | \$1.75

vanilla or chocolate

WHEY PROTEIN | \$1.25

vanilla or chocolate

DAILY MASS BUILDER | \$1.25

CREATINE OR L-GLUTAMINE | \$1.25

SUPPLEMENTS | \$1

GET ENERGIZED | GET ESSENTIALS

GET FLEXIBLE | GET LEAN

GET RECOVERED | GET REGULAR

CUSTOMIZE YOUR SHAKE WITH ADD-INS OR SUPPLEMENTS TO ACHIEVE YOUR GOALS



*In a hurry? Text your order to The Cafe and pick it up on your way out.
Text 732.800.2101 and provide your name, order and payment method.*