

# BEVERAGES

**Organic Coffee** 16 oz. 1.95 • 20 oz. 2.35

AVAILABLE ADDITIVES:

Almond Milk • Agave • Coconut Sugar

**Organic Bullet Proof Coffee**

16 oz. 3.95 • 20 oz. 4.95

coffee, grassfed butter, mct oil,  
cinnamon, turbinado

**Gut Restore Tea** 12 oz. 3.95

collagen, apple cider vinegar, ginger, peppermint,  
licorice root, glutamine

**Organic Hot Green Tea** 12 oz. 1.95

**Protein Hot Cocoa** 12 oz. 1.95

(22g protein) Low fat and low carb

**Bottled Natural Spring Water** 50¢

**Electric Avenue** (SUGAR FREE)

16 oz. 2.95 • 24 oz. 3.95

spirulina, aminos, green tea extract  
(energy, antioxidant & immune booster)

**Purple Rain** (SUGAR FREE)

16 oz. 2.95 • 24 oz. 3.95

butterfly pea flower, aminos, coconut water  
(antioxidant, anti-aging, stress relief)

**Yankee Rose** (SUGAR FREE)

16 oz. 2.95 • 24 oz. 3.95

dragon fruit, aminos  
(antioxidant, immune system, healthy gut)



8 AM - 6 PM MON-FRI

9 AM - 3 PM SATURDAY

640 4th Avenue  
Monroe, WI 53566

[fncofmonroe.com](http://fncofmonroe.com)

 Fitness Nutrition Center, Inc.

 @fitnessnutritioncenter1

[ 608 ] 325-6900



**THINK HEALTHY. BE HEALTHY.**



# SMOOTHIES

25 grams of protein in each smoothie!

24 OZ. 5.45 • 14 OZ. 3.55

**Banana Cream** (255 cal.) almond milk, banana, vanilla protein

**Blueberry Cobbler** (207 cal.) blueberries, oats, cinnamon, vanilla protein, turbinado

**Blue Moon** (135 cal.) almond milk, spirulina, blue razz lemonade aminos, vanilla protein, caffeine (from green tea extract)

**Caramel Apple** (220 cal.) green apple, apple aminos, vanilla protein, pb2, turbinado

**Chocolate Covered Cherry** (165 cal.) tart cherries, cherry aminos, organic cocoa, vanilla protein

**Chocolate Lovers** (240 cal.) organic cocoa, banana, chocolate protein

**Fruity Loop** (260 cal.) blueberries, strawberries, banana, vanilla protein

**Grape Escape** (175 cal.) grape aminos, blueberries, vanilla protein

**Green Machine** (180 cal.) greens mix, spinach, pineapple, vanilla protein, turbinado

**Mango Madness** (165 cal.) mango, vanilla protein, mango aminos

## ADD-INS 75¢ each

**ALOE VERA:** boost immune system, anti-inflammatory, digestive aid, detoxification, energy

**AVOCADO:** healthy fats, potassium, fiber

**BCAA:** repair, recover, rebuild muscles

**CHIA SEEDS:** source of omega fatty acids, fiber, energy

**COLLAGEN:** hair, skin, nails, bones, and joint support

**CREATINE:** supports muscle strength, power, size

**FIBER:** digestive support

**GREENS:** detoxifying, alkalizing, energizing

**MCT OIL POWDER:** weight management, thermogenic, energy

**MULTI-VITAMINS & MINERALS:** boost energy levels, replenish nutrients

**NATURAL ENERGY:** green tea, guarana seed, camellia sinensis

**PROBIOTIC:** immune system, digestive health

**VITAMIN C:** immune system, antioxidant

**VITAMIN D:** immune system, nervous system, fights depression

**Morning Sunrise** (200 cal.) coffee, nutella, chocolate protein

**Orange Dream** (190 cal.) orange aminos, peaches, strawberries, vanilla protein

**Peach Cobbler** (250 cal.) peaches, oats, cinnamon, vanilla protein, turbinado

**Peanut Butter Blaster** (260 cal.) banana, chocolate or vanilla protein, PB2

**Peary Good** (240 cal.) pear puree, vanilla protein

**Piña Colada** (160 cal.) banana, pineapple, pineapple aminos, coconut protein

**Power Punch** (145 cal.) strawberries, fruit punch aminos, vanilla protein, caffeine (from green tea extract)

**Rocket Pop** (220 cal.) rocket pop aminos, strawberries, raspberries, vanilla protein

**Root Beer Float** (190 cal.) almond milk, banana, root beer aminos, vanilla protein

**Strawberry Bananza** (240 cal.) strawberries, banana, vanilla protein

**Very Cherry** (155 cal.) tart cherries, cherry aminos, vanilla protein

## PROTEIN OPTIONS 1.00 each

**SUBSTITUTE WITH PLANT PROTEIN:** vegan, dairy free, gluten free

**SUBSTITUTE WITH KETO PROTEIN:** 16g fat, 10g protein, 5g net carbs

**EXTRA PROTEIN:** extra 120 calories, 25 grams of protein



In-store items are also available.

*Please inform our team members of any food allergies.*