



Hello Beautiful
Medical Spa & Wellness Center

Shake: \$10.00

BLONDIE (22g protein)(175cal)

almond milk, protein powder, sf vanilla pudding, sf vanilla syrup

BROWN EYED GIRL (22g protein) (175 cal)

almond milk, protein powder, sf chocolate pudding

WHIP IT UP (22g protein) (236cal)

almond milk, protein powder, sf cheesecake flavor, coconut flakes

GYM NUT (22g protein) (365cal)

almond milk, protein powder, sf butterscotch pudding, chopped pecans

SHAKE IT OFF (22g protein)(181cal)

almond milk, protein powder, sf white chocolate pudding, almonds

NO FLUBBER NUTTER BUTTER (22g protein) (200cal)

almond milk, protein powder, sf vanilla pudding, vanilla syrup, pb2

Smoothie \$10.00

R & R (28 g protein) (405 Cal)

almond milk, banana, almond butter, almonds, protein powder, cinnamon

WORKOUT REWARD (24 g protein) (335 Cal)

almond milk, banana, pb2, almonds, protein powder

BLAST OFF (22 g protein) (370 cal)

coconut milk, strawberries, greek yogurt, oats, honey, vanilla syrup, protein powder

KNOCKOUT INFLAMMATION (minimal g protein) (266 cal)

almond milk, banana, organic acas, strawberries, blueberries

BYE BYE BELLY (22 g protein) (379 cal)

almond milk, greek yogurt, protein powder, berries

GLOWING GREEN (22 g protein) (390 cal)

coconut milk, avocado, pineapple, spinach, protein powder



ACAI BOWL

knockout inflammation with toppings of banana, blueberry, granola & hot honey (578 cal) (minimal g of protein)

\$13.00

TROPICAL BOWL

blast off with toppings of granola, coconut & hot honey (645 cal) (22 g protein)

ADD ON'S

\$1.00 (10 g) protein powder

\$1.00 for vegan protein powder

\$2.00 collagen

ALL NUTRITIONAL VALUES ARE APPROXIMATE



Hello Beautiful
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20[☆] oz Energy Drinks **\$5.50**

PINK STARBURST

watermelon + vanilla

RED EYE

strawberry + peach

HELLO BLUETIFUL

blue raspberry + coconut

LIQUID GOLD

pineapple + coconut

ADD ON'S

\$1 POWER UP ENERGY

\$.50 CREAM

*Sugar Free Available in ALL

20 oz Lemonade **\$5.50**

STRAWBERRY SUNSHINE

strawberry

WILD WATERMELON

watermelon

TROPICAL SPA

pineapple + coconut

LULU LEMON

blue raspberry

SOUTHERN PEACH

peach

*Sugar Free Available in ALL

32 oz Fruit Infused Waters \$7.00

12 oz Coffee **\$4.25**

ESPRESSO
CAPPICCHINO
CAFE LATTE
CAFE MOCHA
HOT CHOCOLATE
AMERICANO
CAFE VANILLA
FRENCH VANILLA

FLAVORS:

\$.25 pump of syrup

Lavender
Brown Sugar Cinnamon*
Vanilla*
Almond*
White Chocolate*

Black Coffee: **\$2.00**

*Sugar Free Available



GRAB & GO

OATS.....\$6.00

- BLUEBERRY/COCONUT (440 CAL)
- BANANA NUT (506 CAL)
- PLAIN

MUFFINS.....\$4.25

- STRAWBERRY (380 CAL)
- BLUEBERRY (450 CAL)

FRUIT CUP.....\$5.75

MIXED FRUIT (160 CAL)

CHICKEN SALAD CROISSANT\$8.00/\$4.00

- WHOLE (550 CAL) (17G PROTEIN)
- HALF (275 CAL) (9G PROTEIN)

PASTA SALAD.....\$6.00

(327 CAL)

HAM WRAP.....\$10.00/ \$5.00

HAM, CHEDDAR,GARLIC,TOMATO, SPINICH, GARLIC HERB SPREAD

- WHOLE (802 CAL) (47G PROTEIN)
- HALF (401 CAL) (24G PROTEIN)

TURKEY WRAP.....\$10.00/ \$5.00

TURKEY,PROVOLONE, MAYO,PESTO, TOMATO, ARGULA

- WHOLE (829 CAL) (43G PROTEIN)
- HALF (415 CAL) (17G PROTEIN)

ORDER ONLY

SRIACHA AVOCADO TOAST\$7.00

- PANNI BREAD,GARLIC HERB SPREAD, SRIRACHA, AVOCADO (404 CAL)

NUTELLA HOT HONEY TOAST.....\$6.00

- PANNI BREAD, NUTELLA, BANANA, STRAWBERRIES, HOT HONEY (396 CAL)

EGG BITES\$5.50

- CHEESE (90 CAL) (7G PROTEIN)
- BACON (110 CAL) (8G PROTEIN)

CHICKEN SALAD ON AVOCADO.....\$7.00

AVOCADO, CHICKEN SALAD (525 CAL)

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