

❄️ Energy Teas

January



**CANDY
LAND**



**FROST
BITE
FUEL**



**SHOCK
WAVE**



**WINTER
MIX UP**



**STRAW
BERRY
FREEZE**

❄️ Protein Shakes



**FIRESIDE
EGG NOG**



**PEANUT
BUTTER
BLOSSOM**



**WINTER
VELVET
OREO**



**OH SNAP!
GINGER
BREAD**



**WINTER
COOKIE
CAOS**

town
NUTRITION

South Side
SIPS
SWEET & SASSY

SIPS
On 2nd

FIERCE
ENERGY & COCAINE

Energy Teas

Candyland: Cherry, Grape, Watermelon, Energy, Heart Health, Hydration

Frost Bite Fuel: Cranberry, Dragonfruit, Watermelon JR, Pink S., CR7 (Hydration), Energy, Blue Razz

Winter Mix-up: Hydration, Energy, Strawberry, Cherry, Tropical, Blue Blast

Shock Wave: Sour Cherry, Sour Watermelon, Sour Apple, Hydration, Energy

Strawberry Freeze: Energy, Collagen, Niteworks, Strawberry, Limeade, Watermelon

Protein Shakes

• ADD ESPRESSO SHOT TO ANY SHAKE

Fireside Egg Nog: Vanilla, Egg Nog, Cinnamon, Nutmeg

Peanut Butter Blossom: Peanut Butter Cookie Flavor, hint of Chocolate

Winter Velvet Oreo: Rich Chocolate Red Velvet Flavor, Oreo

Oh Snap! Gingerbread: Vanilla, Pralines, Gingerbread Flavors

Winter Cookie Chaos: Peanut Butter, Caramel, Butterscotch, Salted Pretzel