

# FALL MENU

*Seasonal Shakes / 20oz. -*

## CREAMY PUMPKIN SPICE

*Unsweetened Almond Milk, Pumpkin,  
Organic Chai Spices, Yogurt & Cinnamon  
with Pumpkin Whey Protein*

## SPICED APPLE COBBLER

*Apples, Apple Cinnamon Granola,  
Cinnamon & Yogurt with Vanilla Whey Protein*

## GOLDEN MILK

*Unsweetened Almond Milk,  
Turmeric, Cardamom, Honey,  
Organic French Vanilla Crème  
& Ginger with Vanilla Whey Protein*

## PB & JAM

*Unsweetened Almond Milk,  
Strawberries, Peanut Butter & Oats  
with Vanilla Whey Protein*

## PUMPKIN LATTE

*Unsweetened Almond Milk,  
Organic Chai Spices, Organic Coffee  
& Ginger with Pumpkin Whey Protein*

## SKINNY CHAI

*Unsweetened Almond Milk,  
Ginger & Organic Chai Spices  
with Vanilla Whey Protein*

**FALL IN LOVE**  
*with our shakes*