

BREAKFAST & BEYOND

OATMEAL BOWLS WITH PROTEIN \$5.99 | WITHOUT PROTEIN \$4.75

PEANUT BUTTER BANANA

Oatmeal, Peanut Butter, Topped with Fresh Banana Slices and Your Choice of Protein Powder

BERRIES AND COCONUT SUGAR

Oatmeal, Frozen Berry Blend, Topped with Coconut Sugar and Your Choice of Protein Powder

GRANOLA AND CRANBERRY

Oatmeal, cranberries, granola and choice of protein powder

CREATE-YOUR-OWN OATMEAL BOWL

Oatmeal, 2 Toppings from the list below, and Your Choice of Protein Powder

OATMEAL BOWL TOPPINGS +\$0.35

- Sliced Almonds
- Chia Seeds
- Hemp Seeds
- Single Oreo Cookie
- Daily Cleanse Fiber
- Fresh Banana Slices
- Peanut Butter
- frozen mixed berries
- frozen blueberries
- Shredded Coconut

BREAKFAST WRAPS & BOWLS

THE CLASSIC BREAKFAST | \$11.99

Eggs, chicken bacon, avocado, corn, beans, tomato, cheese, chipotle sauce and mayo served as a wrap, or a bowl with brown rice

MEAT LOVERS | \$14.99

Eggs, chicken bacon, beef patty, tomatoes, grilled onions, corn, beans, chipotle sauce and mayo served as a wrap, or a bowl with brown rice

SUBSTITUTE BEEF FOR BEYOND MEAT AT NO EXTRA CHARGE!

CREATE-YOUR-OWN | \$11.99

Eggs scrambled, chicken bacon, your choice of 3 veggies, any 2 sauces and served either as a wrap or bowl with brown rice

SNACKS

ENERGY BITES | 1 FOR \$1.79 | 3 FOR \$4.75 | 6 FOR \$6.99

Dates, Almonds, Carob Chips, Vega Sport Protein Powder, Instant coffee, Cocoa Powder, Cinnamon

MAMA T'S PROTEIN COOKIES | \$4.09 EACH

Available in Chocolate Macaroon, Oatmeal Chocolate Chip, & Ultimate Peanut Butter

HMC MONSTER PROTEIN BITES | \$6.69 PER PACK

Available in Chunky Chocolate and Peanut Butter Flavors

CORE © CULTURE

FUEL > NUTRITION > GEAR



SUPPLEMENTS | VITAMINS | NUTRITION

LANGLEY

19989 81A AVE

LANGLEY BC V2Y 0C7

TEL: 604-371-CORE(2673)

KITCHEN HOURS:

MONDAY- THURSDAY: 9:00AM - 8:00PM
FRIDAY: 9:00AM - 6:00PM
SATURDAY: 8:00AM - 4:00PM
SUNDAY: 9:00AM - 4:00PM

STORE HOURS:

MONDAY- THURSDAY: 9:00AM - 9:00PM
FRIDAY: 9:00AM - 7:00PM
SATURDAY: 8:00AM - 5:00PM
SUNDAY: 9:00AM - 5:00PM



CHECK US OUT ON *Instagram* OR FIND US ON 
@CORECULTURENUTRITION

LANGLEY FOOD & SHAKE MENU

CALL US AT 604-371-2673
TO PLACE YOUR ORDERS! OR
HAVE YOUR FOOD DELIVERED
THROUGH THE UBER EATS OR
SKIP THE DISHES APPS!



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FUEL > NUTRITION > GEAR



SUPPLEMENTS | VITAMINS | NUTRITION

WRAPS
RICEBOWLS
SALADS

YOUR CHOICE OF
WRAP OR RICE BOWL
@ \$11.99 ea

All of our wraps and bowls are served with Brown Rice, Fresh Veggies, and Our Special Mix of Flavors. You can always substitute Brown Rice for a bed of Spinach to enjoy a low carb salad!

SOUTHWESTERN CHIPOTLE

Chicken, brown rice, black beans, corn, red pepper, cheddar cheese, chipotle sauce and low-fat ranch

CALIFORNIA

Chicken, brown rice, cucumber, avocado, pesto, low-fat mayo and Udo’s oil

TERIYAKI

Chicken, brown rice, cucumber, peppers, shredded carrots, cheddar cheese and teriyaki sauce

RUN FOR THE BORDER

Chicken, brown rice, peppers, black beans, cheddar cheese, salsa and low-fat ranch

THE JERK

Chicken, brown rice, peppers, corn, jerk sauce, low-fat mayo and avocado

CLUBHOUSE

Chicken, brown rice, chicken bacon, tomato, avocado, sweet chili sauce and low-fat mayo

TASTE OF THAI

Chicken, brown rice, chicken bacon, tomato, peanut butter and sweet chili sauce

TUNA WRAP

Tuna, Grilled Onion, Peppers, Shredded Carrots, Cheese, Sweet Chili and low-fat Mayo

SPECIALTY & VEGETARIAN ITEMS

BEEF BURGER WRAP | \$13.99

6oz beef patty, brown rice, tomato, onions, black beans, corn, chipotle sauce and low-fat mayo

BEYOND MEAT WRAP | \$13.99

Beyond meat patty, brown rice, onions, black beans, corn, tomatoes, chipotle sauce and low-fat mayo

VEGGIE WRAP | \$9.49

Brown rice, black beans, any 3 veggies and choice of sauce

SMOOTHIES

\$7.49 ea
UPGRADE TO
VEGAN PROTEIN OR
WHEY PROTEIN ISOLATE
FOR \$0.75

GREEN SMOOTHIES

GREEN WITH ENVY

PROTEIN 30G / CARBS 22G / FAT 8G / CALORIES 280
Unsweetened Almond Milk, Fresh Spinach, Raw Almonds, Honey, Banana, Vanilla Whey Protein

GREEN COLADA

PROTEIN 30G / CARBS 47G / FAT 13G / CALORIES 410
Orange juice, Almond Milk, Pineapple, Fresh Spinach, Shredded coconut, Vanilla Whey Protein

THE PERFECT MATCHA

PROTEIN 27G / CARBS 21G / FAT 4G / CALORIES 220
Unsweetened Vanilla Almond Milk, Banana, Matcha Powder, French Vanilla Stevia And Vanilla Whey Protein

BLISSFUL TREAT SMOOTHIES

CHUNKY MONKEY

PROTEIN 35G / CARBS 45G / FAT 15G / CALORIES 450
Unsweetened Almond Milk, Peanut Butter, Banana, Chocolate Whey Protein, and your choice of chocolate syrup or cocoa powder
ADD DATES FOR A NATURAL FIBER AND ANTIOXIDANT BOOST! +\$1.00

JAVA ALMOND MOCHA

PROTEIN 32G / CARBS 29G / FAT 8G / CALORIES 310
Unsweetened almond milk, coffee, raw almonds, frozen yogurt, chocolate whey protein, and your choice of chocolate syrup or cocoa powder
ADD GARCINIA CAMBOGIA, L-CARNITINE, & GREEN TEA \$1.00
EXTRACT FOR A NATURAL FAT BURNING BOOST!

COOKIE MONSTER

PROTEIN 32G / CARBS 53G / FAT 11G / CALORIES 470
Unsweetened Almond Milk, Oreos, frozen yogurt, vanilla whey protein, and your choice of chocolate syrup or cocoa powder

CINNAMON BUN SMOOTHIE

PROTEIN 35G / CARBS 35G / FAT 12G / CALORIES 380
Unsweetened almond milk, cinnamon, low-fat frozen yogurt, almond butter and vanilla whey protein
MAKE IT KETO-FRIENDLY BY ADDING MCT OIL AND TAKING OUT THE LOW-FAT FROZEN YOGURT + \$0.50

FRUIT SMOOTHIES

ANTIOXIDANT

PROTEIN 32G / CARBS 47G / FAT 4G / CALORIES 350
Organic maple water, acai berry, blackberry, blueberry, pomegranate, banana, vanilla whey protein

FOUR BERRY BURST

PROTEIN 32G / CARBS 45G / FAT 4G / CALORIES 340
Organic maple water, strawberry, blueberry, blackberry, raspberry, vanilla whey protein

MANGO TROPICS

PROTEIN 32G / CARBS 45G / FAT 4G / CALORIES 340
Organic maple water, mango, banana, pineapple, vanilla whey protein

PEACH DREAM

PROTEIN 32G / CARBS 45G / FAT 4G / CALORIES 340
Organic maple water, peach, pear, apricot, frozen yogurt, vanilla whey protein

PINA COLADA

PROTEIN 33G / CARBS 50G / FAT 12G / CALORIES 440
Organic maple water, pineapple, shredded coconut, banana, vanilla whey protein

HURRICANE

PROTEIN 32G / CARBS 44G / FAT 4G / CALORIES 330
Organic maple water, strawberry, banana, vanilla whey protein

PREMIUM
SMOOTHIES

OUR PREMIUM
SMOOTHIES CONTAIN
30-35G OF PROTEIN
@ \$7.99 ea

COLD-BREW ALMOND MOCHA

PROTEIN 37G / CARBS 49G / FAT 23G / CALORIES 530
Cold-brew coffee, chocolate almond milk, almond butter, low-fat frozen yogurt, dates and chocolate protein

ALMOND BLISS

PROTEIN 37G / CARBS 50G / FAT 23G / CALORIES 550
Unsweetened almond milk, dates, almond butter, banana and vanilla protein

MINT MADNESS

PROTEIN 38G / CARBS 50G / FAT 23G / CALORIES 520
Unsweetened chocolate almond milk, dates, almond butter, peppermint extract, banana and chocolate protein

THE PB & J

PROTEIN 34G / CARBS 46G / FAT 17G / CALORIES 460
Organic maple water, natural peanut butter, strawberries, banana and vanilla protein

LOW-CAL PREMIUM SMOOTHIES

THE SKINNY MONKEY

PROTEIN 35G / CARBS 22G / FAT 6G / CALORIES 260
Unsweetened chocolate almond milk, banana, nutri-nut powdered peanut butter, dark chocolate stevia extract and chocolate whey protein isolate

THE SKINNY MOCHA

PROTEIN 29G / CARBS 16G / FAT 3G / CALORIES 200
Cold-brew coffee, unsweetened chocolate almond milk, dark chocolate stevia extract, banana and chocolate whey protein isolate

THE SKINNY PB & J

PROTEIN 33G / CARBS 38G / FAT 3G / CALORIES 290
Organic maple water, strawberries, banana, nutri-nut powdered PB and vanilla whey protein isolate

BOOSTS ADD A LITTLE BOOST
TO YOUR SMOOTHIE
1 FOR \$0.75/2 FOR \$1.25

PERFORMANCE

GLUTAMINE
BCAA'S
CREATINE
L-CARNITINE
CARB POWDER

HEALTH & WELLNESS

GREEN TEA EXTRACT
MACA
TUMERIC
WHEAT GRASS
SPIRULINA
FIBRE

HEALTHY FATS

PEANUT BUTTER
MCT OIL
SLICED ALMONDS
UDOS OIL 3-6-9 BLEND

PREMIUM ADD-ONS \$1.00

ALMOND BUTTER | MARINE COLLAGEN | PHYTO BERRY | GREENS | SPINACH
ORGANIC MATCHA POWDER

CREATE
YOUR OWN FOR
\$11.99

Add a
Little Extra:

Cheddar Cheese	\$1.00
Avocado	\$1.00
Peanut Butter	\$0.50
Chicken	\$3.50
Bacon	\$1.00
Tuna	\$2.00
Beef	\$4.50
Beyond Meat Patty	\$4.50

Choose Protein:

Chicken
Beef +\$2
Tuna

Veggie Options:

Beyond Meat Patty +\$2
Black Beans

Choose 3 Veggies:

Cucumber
Peppers
Black beans
Corn
Tomatoes
Onions
Broccoli
Shredded
Carrots
Avocado

Choose 2 Sauces:

Chipotle
Pesto
Sweet chili
Teriyaki
Jerk
Low-fat Ranch
Low-fat Mayo
Frank's hot
sauce
Siracha
Mustard
Salsa
Udo's oil

