

CORE @ CULTURE

FUEL > NUTRITION > GEAR

PORT COQUITLAM | LANGLEY

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

