Southern Roots NUTRITION

PROTEIN SHAKES

FULL MEAL REPLACEMENT | 21+ ESSENTIAL VITAMINS & MINERALS
24G-40G PROTEIN | 200-300 CALS | LOW SUGAR

16OZ $8.25 24OZ $9.25 32OZ $11.34

TOP SELLERS

BANANA NUT BREAD
RED VELVET OREO
PEANUT BUTTER CHEESECAKE
FRUITY PEBBLES
BIRTHDAY CAKE
CINNAMON TOAST CRUNCH
PEANUT BUTTER PANCAKE

FRUITY

STRAWBERRY CHEESECAKE
DREAMSICLE
BANANA CREAM PIE
MANGO PINEAPPLE
LEMON POUND CAKE
BLUEBERRY CARAMEL CHEESECAKE
STRAWBERRY BANANA

DESSERT

RED VELVET
CHOCOLATE CHEESECAKE
CARAMEL BROWNIE
CHOCOLATE BANANA
CHOCOLATE BIRTHDAY CAKE
MUDDY BUDDY
PEANUT BUTTER BANANA
WHITE CHOCOLATE REESES
CHUNKY MONKEY
CINNAMON ROLL
PECAN PIE
OATMEAL COOKIE
SNICKERDOODLE
APPLE PIE + $2
MINT CHOCOLATE CHIP
BUTTER PECAN
BANANA CARAMEL CINNABON
BLUEBERRY PB PANCAKE

COFFEE

MAKE IT A FRAPPE +$1
ADDS 80MG OF CAFFEINE

CARAMEL MACCHIATO
JAVA CHIP
JAVA LAVA
COFFEE CAKE

GLUTEN FREE

CARAMEL MACCHIATO
PEANUT BUTTER PANCAKE
APPLE PIE + $2
BLUEBERRY PB PANCAKE
STRAWBERRY CHEESECAKE
DREAMSICLE
BANANA CREAM PIE
MANGO PINEAPPLE
LEMON POUND CAKE
BLUEBERRY CARAMEL CHEESECAKE
STRAWBERRY BANANA
REESE'S CUP

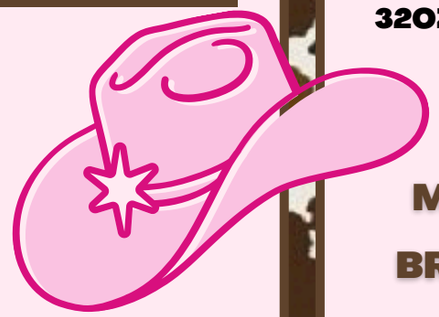
ASK FOR NO GRAHAM CRACKER, COOKIE, OR CHOCOLATE BASE

POST WORKOUT $3 UPGRADE

MAKE ANY SHAKE A POST-WORKOUT (WHEY PROTEIN)
--BCAA'S & L-GLUTAMINE
--MUSCLE RECOVERY
--EXTRA 10G PROTEIN

SHAKE BOOSTERS

$2.05 FIBER
$3.10 ENERGY BOOST
$3.10 POST WORKOUT
$2.05 CREATINE
$2.05 EXTRA PROTEIN
$2.05 PROBIOTIC
$5.15 FAT REDUCER
$3.10 GREENS



KIDS SHAKES $5.15

FUNFETTI
REESES
CHOCOLATE BDAY CAKE
FRUITY PEBBLES
BROWNIE BATTER
PEANUT BUTTER OREO

100 CAL
12G PROTEIN
4.5G SUGAR

DAILY DEALS

$1 OFF ALL DAY EVERYDAY FOR MILITARY, HEALTHCARE WORKERS, FIRST RESPONDERS, AND POLICE OFFICERS

MONDAY $1 OFF MEGA
TUESDAY TEACHER TUESDAY $1 OFF
WEDNESDAY DOUBLE REWARDS
THURSDAY THIRSTY THURSDAY BOGO 32OZ HALF OFF
FRIDAY $1 OFF LARGE COMBO

LOYALTY POINTS ARE NOT REDEEMABLE ON ALREADY DISCOUNTED PURCHASES. DISCOUNTS CAN NOT BE STACKED.

PROTEIN COFFEE

24OZ $9.25 145CAL | 20G PROTEIN | 6G SUGAR
32OZ $11.34 245CAL | 30G PROTEIN | 8G SUGAR

CARAMEL MACCHIATO
BLONDIE
MOCHA COOKIE CRUMBLE
BROWN SUGAR CINNAMON
MOCHA

ASK US HOW TO MAKE IT LOADED WITH OUR FAT REDUCING CREAMER!



VEGAN SHAKES

16OZ $8.25 160 CAL | 21G PROTEIN | 6G CARBS | 1G SUGAR | 4G FAT
24OZ $9.25 225 CAL | 31G PROTEIN | 8G CARBS | 2G SUGAR | 5G FAT
MACROS DO NOT INCLUDE FRUIT, ADD-INS OR BOOSTERS

STRAWBERRY BREEZE
VANILLA PROTEIN, ALMOND MILK, BANANA, STRAWBERRIES

CHOCOLATE MOUSSE
CHOCOLATE PROTEIN, ALMOND MILK, BANANA, CHIA SEEDS

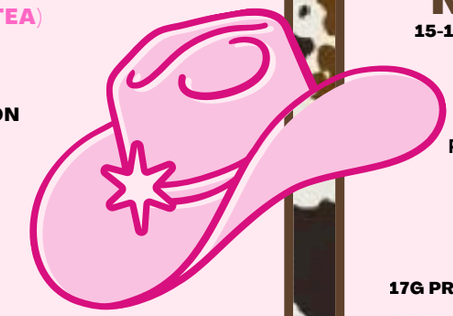
BANANA SPLIT
CHOCOLATE PROTEIN, ALMOND MILK, BANANA, STRAWBERRIES

BLUEBERRY DREAMS
VANILLA PROTEIN, BLUEBERRIES, ALMOND MILK, BANANAS, & ALMONDS

USDA ORGANIC · NON GMO PROJECT VERIFIED

ENERGY TEAS

CALORIE BURNING & METABOLISM BOOSTING
THROUGH NATURAL CAFFEINE (HERBAL TEA)



BASICS 24OZ $8.25 32OZ $10.30

NATURAL CAFFEINE 160-200MG | B-VITAMINS | ALOE FOR DIGESTION

RAZZ
RASPBERRY, POMEGRANTE, PASSION

PEACH WAVE ★
PEACH, ORANGE & PASSION FRUIT

CHERRY BERRY
LEMON, CHERRY & POMEGRANTE

ISLAND BREEZE ★
LIME, PINEAPPLE & BLUE RASPBERRY

ORANGE BURST
LEMON, ORANGE & TROPICAL

RAZZLE DAZZLE ★
RASPBERRY, LIME, SKITTLES

PINEAPPLE PUNCH ★
PEACH, PINEAPPLE & STRAWBERRY

BEACH PLEASE
PEACH, STRAWBERRY & WATERMELON

LEMON BERRY ★
LEMON, POMEGRANATE, RASPBERRY

SOUR BERRY
LIME, STRAWBERRY & GREEN APPLE

WATERMELON SPLASH ★
ORANGE, WATERMELON & PINEAPPLE

BLACKBERRY BLISS
RASPBERRY, BLACKBERRY & CRANBERRY

PREMIUM 24OZ $9.25 32OZ $11.34

NATURAL CAFFEINE 160-200MG | MENTAL FOCUS | B-VITAMINS | ENHANCER

STRAWBERRY LEMONADE ★
LEMON & STRAWBERRY COLLAGEN

PINK STARBURST ★
LEMON , WILD BERRY PROTEIN & POMEGRANATE

PEACH RING
PEACH, COLLAGEN, ORANGE & PASSIONFRUIT

WATERMELON JOLLY RANCHER ★
LEMON, COLLAGEN, BLUE RASPBERRY & WATERMELON

HYDRA-BOMB
RASPBERRY, BERRY HYDRATION & POMEGRANATE

IMUNI-TEA
LEMON, VITAMIN-C & ORANGE

TANG
LEMON, & ORANGE HYDRATION

PREWORK OUT BOMBS (3 FLAVORS)
WATERMELON COOLER, SWEET TART OR PINEAPPLE GUMMY

GUSHERS ★
LIME, COLLAGEN, SKITTLES, BLUE RASPBERRY & GRAPE

ISLAND PUNCH ★
LEMON, COLLAGEN, LIME, COCONUT & BLUE RASPBERRY

POSITIVI-TEA
LEMON, STRAWBERRY, COLLAGEN & BLUE RASPBERRY

FRUIT ROLL UP
POMEGRANATE, COLLAGEN, CHERRY & BLUEBLAST

TIGERS BLOOD
ORANGE HYDRATION, COCONUT & CHERRY

PINA COLADA ★
PNEAPPLE , COLLAGEN & COCONUT

TITAN
MANGO HEART HEALTH, TROPICAL & BLUE RAZ

BLACKBERRY LEMONADE
LEMON, LIME & BLACKBERRY

STRAWBERRY LIMEADE
LEMON, LIME & COLLAGEN STRAWBERRY

CHERRY BOMB ★
LEMON, LIME COLLAGEN & CHERRY

PINK DRINK
LIME, HEART HEALTH, STRAWBERRY & WATERMELON

PAR-TEA
COLLAGEN, ORANGE, BLUE RASPBERRY & TROPICAL

TIFF SPECIAL ★
COLLAGEN, PEACH, WATERMELON & COCONUT

FUN DIP
LIME, BERRY PROTEIN, BLUE RAZ, GRAPE

HAWAIIAN PUNCH
PEACH, COLLAGEN, ORANGE & BLUE RASPBERRY

SOUR PATCH KID ★
LIME, PASSION, BLUE RASPBERRY & STRAWBERRY

WATERMELON BURST
LIME, WATERMELON VITAMIN C & D & RASPBERRY

RASPBERRY BLISS
RASPBERRY, COLLAGEN, POMEGRANATE & PINEAPPLE

REFRESHERS-32OZ

NON-CAFFEINATED $10.30

15-17G PROTEIN | 100 CALS | LOW CARB | ALOE FOR DIGESTION

PEACH BLAST
PEACH PROTEIN, COLLAGEN & TROPICAL

MANGO DRAGONFRUIT
PEACH PROTEIN, HEART HEALTH & DRAGONFRUIT

BERRY BLAST
BERRY PROTEIN, COLLAGEN & STRAWBERRY

CAFFEINATED $11.34

17G PROTEIN | 100 CALS | LOW CARB | ALOE FOR DIGESTION | 75 MG CAF

SOUTHERN BELLE
PEACH PROTEIN, TROPICAL, COLLAGEN & WATERMELON

BARBIE ★
BERRY PROTEIN, LIME, COLLAGEN, STRAWBERRY & WATERMELON

SOUTHERN GENTLEMAN
PEACH PROTEIN, COLLAGEN, TROPICAL & STRAWBERRY

BLOOD ORANGE
PEACH PROTEIN, COLLAGEN, ORANGE, PINEAPPLE & CHERRY-LIME

STRAWBERRRY MOON ★
PEACH & BERRY PROTEIN, POM, COLLAGEN & STRAWBERRY & PINA COLADA

CRANBERRY SPARK
PEACH PROTEIN, ORANGE, COLLAGEN, CRANBERRY & WHITE GRAPE

PEACH CRISP
PEACH PROTEIN, COLLAGEN, ORANGE, PASSION & RASPBERRY

PINK CHAMPAGNE ★
BERRY PROTEIN, COLLAGEN, LIME, STRAWBERRY & WHITE GRAPE

BAD & BOUJEE REFRESHERS $16.22

15G OF PROTEIN | COLLAGEN | HEART HEALTH | 75 MG CAF

BLUE GUMMY BEAR
LEMON LIME, WILD BERRY, BLUE RAZ, WATERMELON

BOUJEE JUICE
TROPICAL, PEACH-MANGO , BLUE RAZ, SKITTLES, PINEAPPLE

POM QUEEN
POMEGRANATE, WILD BERRY, STRAWBERRY, PIÑA COLADA

KIDS DRINKS $5.15

HYDRATION

HULK
ELSA
SPIDERMAN
RAINBOW
UNICORN
MERMAID

30 CAL
6G SUGAR
ELECTROLITES

REFRESHERS

VERY BERRY
MANGO TANGO

35 CAL
7.5G PROTEIN
<1G SUGAR

BOOSTERS

$2.05 IMMUNITY
$3.10 ENERGY BOOST
$2.05 EXTRA PROTEIN
$2.05 PROBIOTIC
$2.05 HYDRATION
$3.10 HEART HEALTH
$3.10 PRE WORKOUT
$3.10 COLLAGEN
$3.10 GREENS

SHOTS $5.15

ENERGY

PICK YOUR FLAVOR

ORANGE | LIME | POMEGRANTE | TROPICAL

115MG OF NATURAL CAFFEINE

IMMUNITY

VITAMIN C
OR
ELDERBERRY

REWARDS

EVERY $1 SPENT = 1 POINT

150 POINTS = FREE 24OZ DRINK

200 POINTS = $10 OFF YOUR PURCHASE

LOYALTY POINTS CANNOT BE USED ON MERCH OR ANY ALREADY DISCOUNTED ITEMS.

DISCOUNTS CANNOT BE STACKED