

Julius Caesar

Hail Caesar! Behold the drink that rules the menu as if it were it's very own empire. It has emerged triumphantly as the "Ancient Shake" signature drink. Each of these selections below begin with simple, squeaky-clean ingredients such as: old-fashioned natural peanut butter, real bananas and raw steamed rolled oats. You simply craft your own version by choosing your favorite protein powder flavor. As always, we add fresh kale and/or baby spinach free of charge to any drink. "Veni, Vidi, Vici!" ("I came; I saw; I conquered!")

- I. Chocolate Caesar - in latin (Opaca Caesar)
- II. Vanilla Caesar - in latin (Alba Caesar)
- III. Twisted Caesar (Caramel-Pretzel) - in latin (Torto Caesar)
- IV. Channing Caesar - all 3 protein flavors combined w/ peanut butter, bananas, oats and fat free grahams!
- V. Julius Caesar Lite - A less robust and mild version featuring 1/2 the peanut butter and 1/2 the oats.
An effective way to save calories and carbs. Available in chocolate, vanilla or caramel pretzel.

Ancient Icons

All of the following non-traditional selections in this group are our direct tribute to ancient civilizations and their typical everyday diets. Other than an infusion of very high end protein, we focus and commit ourselves to **ONLY** using ingredients that would have been familiar to these peoples and what they would have had access to during their lives and in their regions. This list would include items such as: organic honey, real almonds, unsweetened almond milk, native fruits (figs, dates, grapes, apricots, pumpkin, apples, etc.), mixed greens (kale, red and green chards), and mixed grains (oats, barley and wheat germ). Each selection comes standard with honey, almonds, and our special ancient grain blend. Today...why not "Eat Like an Ancient?"

- I. Alexander the Great - mixed fruit & mixed grains (no greens).
- II. Cleopatra - 100% raw pumpkin, dates, mixed grains & greens.
- III. Spartacus - apples, grapes, mixed grains (no greens).
- IV. Socrates - figs, dates, mixed grains & greens.
- V. Confucius - peaches, apricots, w/ culinary grade 100% matcha green tea extract (no greens).

Mythological Paradises

Welcome to the mysterious lands that all ancients longed to discover or enter in the afterlife. Places that those cultures held in the very highest regards. In a twist, we have engineered this group to include many modern-day healthy dietary treasures such as strawberries, blueberries, pineapple, bananas, coconut, raw kale, baby spinach, etc. Organic honey, unsweetened pineapple juice, vanilla protein, and rolled steamed oats standard in every drink. As with every selection on this menu, we go to great measures to design our drinks to be true and wholesome **MEAL REPLACEMENT** products.

- I. Garden of Eden - mixed fruit, mixed greens, shredded coconut.
- II. Fountain of Youth - strawberries, bananas, almonds, kale and spinach.
- III. Shangri-La - blueberries, bananas, almonds along with raw kale.
- IV. Atlantis - mixed fruit w/ culinary grade 100% matcha green tea extract (no greens).
- V. Elysium - (E-lee-see-um) - mixed fruit, almonds (no greens).
- VI. El Dorado breakfast shake - mixed fruit paired with multi-grain cherrios cereal and oatmeal (no greens).