

**315-507-5117 - Call in your order today**

**16oz (Small) - \$4.50**

**20oz (Medium) - \$6.00**

**24oz (Large) - \$7.00**

**32oz (Hercules) - \$8.50**

**\*Tax included on all drinks**

**Hail Caesar!** - *The drinks below come standard with peanut butter, bananas and whole grain rolled oats. You simply craft your own version by choosing your favorite protein powder flavor.*

1. **Julius Caesar** - *Available in chocolate, vanilla or caramel combined with peanut butter, bananas and oats.*
  2. **Julius Caesar Lite** - *A less robust Julius Caesar featuring half of the peanut butter and half of the oats.*
  3. **Channing Caesar** - *A combo of chocolate and vanilla protein with peanut butter, bananas, oats and graham crackers.*
- *Upon request, we gladly add raw kale and/or baby spinach free of charge to any drink purchase.*

**Mythological Paradises** - *We have engineered this group to include many modern-day health dietary treasures such as strawberries, bananas, blueberries, pineapples, kale, spinach etc. Vanilla protein and oats are standard in every drink.*

4. **Garden of Eden** - *Mixed fruit and mixed greens with shredded coconut.*
5. **Fountain of Youth** - *Strawberries and bananas along with both kale and spinach.*
6. **Shangri-La** - *Blueberries and bananas with raw kale.*
7. **Elysium (E-lee-see-um)** - *A classic mixed fruit shake powered by strawberries and blueberries (No greens)*
8. **El Dorado** - *A tropical combo of pineapples, mangos and bananas with shredded coconut. (No greens)*

**Ancient Wisdom** - *Each of these selections below is our tribute to a few of the greatest thinkers of the ancient world. Their philosophies and perspectives have molded and shaped the mindset of many of their contemporaries throughout history.*

- 9. Socrates (Sock-ra-tees)** - *A chocolate, vanilla and caramel protein blend along with peanut butter and oats.*
- 10. Plato** - *Chocolate protein combined with peanut butter, oats and graham crackers.*
- 11. Aristotle** - *Vanilla protein paired with strawberries, graham crackers and oats.*
- 12. Confucious** - *A chocolate and vanilla protein blend complimented with bananas and oats. (No peanut butter)*
- 13. Spartacus** - *Vanilla protein combined with bananas, graham crackers and oats. (No peanut butter)*