

# POWER STATION

Blended Nutrition Bar @ Original Workout

## "The Original"

**Chocolate or Vanilla Whey, CapTri**

Super clean 24 grams of whey protein with a tablespoon of CapTri MCT oil. Perfect high energy protein shake with the "rocket fuel" kick of high quality CapTri MCT oil. High protein, low carb, high octane. The shake that started it all. **Simple. Clean. Effective.**

**\$4 Bucks**

*(add an extra scoop of protein for a buck more!)*

## OW Power Java (Jesus Coffee)

**French Roast Coffee, Chocolate Whey,  
CapTri MCT Oil, Coconut Oil**

The Hot Protein Coffee Shake that started a revolution! Think of a cross between the a rich Mocha Latte and Hot Chocolate! This High protein, healthy fat, coffee super drink is our most popular. The ultimate morning (or anytime) boost of clean burning energy with no sugar and very low carb. Plus all fats are MCTs so no worries about storing these fats... they'll seep into your muscles for a high energy kick with no crash!

A HEALTHY Coffee drink!!

***Chill bro! We can also serve this as an Iced Coffee!!***

**\$4.50 (Hot) \$4.25 (Iced)**

## Death by Chocolate & Peanut Butter

**Chocolate Whey Protein and a Hefty Scoop of Creamy Peanut Butter.**

Think of a peanut butter cup that you can drink and won't add to your... um... Bottom line. 😊

**\$4.50**

*(add an extra scoop of protein for a buck more!)*

## Fruit Loop

**\*Strawberry Orange Vanilla\***

How can you lose here? Creamy Vanilla Whey Protein, Frozen Strawberries, and 100% Pure Orange Juice! (Not that concentrate crap) Makes a great pre or post workout shake.

**\$5 Bucks**

## **Dreamsicle**

Whey Protein, 100% Pure orange Juice  
Like a liquid Creamsicle!

**\$4 Bucks**

## **Strawberry Vanilla**

Generous portion of strawberries with Vanilla Whey

**\$4.25**

## **Chocolate Covered Strawberry**

Rich Chocolate Whey with a generous portion of Strawberries & Captri

**\$4.50**

## **Strawberry Lemonade**

Vanilla Whey, a generous portion of strawberries, and lemonade

**\$5.00**

## **Seasonal Shake**

### **Cranberry Lemonade Tart**

Vanilla whey, Fresh Cranberries, and Lemonade

Perfect combination of Tangy, Sweet and Tart!

This seasonal blend is only here through the holidays. Enjoy!

**\$5 Bucks**

### **Add Ins**

Xtra Scoop Whey protein	\$1.00
1 Shot CapTri	\$.50
Natural Peanut Butter	\$.50
½ Cup Ground Oats	\$.50

**\*Substitute Unsweetened Almond Milk for Water in any shake!**

**Add \$1.00**

**Sorry, but we do not blend drinks with your own powders and/ or ingredients, or in personal cups.**

Shakes are not nut/soy allergen friendly