ACHIEVE
- NUTRITION -

Feel Better. Fuel Better.

CLEAN ENERGY · REFRESHING · HIGH PROTEIN

FIRST TIME HERE?

Start with our most-loved drinks

Not sure what to order? Tell us what flavors you love and we'll recommend your perfect drink



CHERRY SLUSH
Cherry • Limeade
Refreshing + Energizing



CAPTAIN AMERICA
Blue Raspberry • Strawberry
Hydration + Focus



TOASTED BLONDIE
Pralines & Cream • Caramel
Smooth + Filling

Why CHOOSE ACHIEVE?

We're more than just shakes and teas — we're here to help you feel your best.

- **Clean Energy from Herbal Tea**
  Smooth, sustained energy without the crash.
- **Refreshing Drinks You'll Love**
  Delicious flavors that keep you coming back.
- **Low Sugar, No Junk**
  Better ingredients for a better you.
- **High Protein Meal Shakes**
  Fuel your day. Support your goals.
- **Wellness You Can Feel**
  Helping you look good and feel amazing.

Made fresh, just for you.

FAN FAVORITES

The drinks our customers order again and again.

LOADED TEAS
Our signature energy teas.

- Kaizen Kiss
- Maui Waui
- Morning Margarita
- The Cornhusker

MEGA TEAS
Simple, refreshing energy.

- Baja Blast
- Frostbitten Cranberry
- Polar Peach
- Sweet Sunset

MEAL SHAKES
High-protein favorites that satisfy.

- Blueberry Muffin
- Cookie Monster
- Funky Monkey
- Island Escape

Customer Favorite · Staff Pick · Great First Choice

QUICK PRICE GUIDE

Everything at a glance.

DRINKS		PERFORMANCE	
Loaded Tea	$12.50	Pre-Workout Drink	$7.50
Mega Tea	$7.50	Post-Workout Shake	$8.50
Meal Shake	$8.50	Protein 48	$8.50
Proteini	$9.50	Rebuild Shake	$5.50
Coffee	$5.50	Vegan Shake	$5.50
Immuni-Tea	$7.50		
Kids Refresher	$4.50		
Kids Shake	$6.50		

BEST VALUE COMBOS

- **LOADED COMBO** — Loaded Tea + Meal Shake — $18.50
- **MEGA COMBO** — Mega Tea + Meal Shake — $14.00
- **ATHLETE COMBO** — Pre + Post — $14.00
- **KIDDIE COMBO** — Kids Refresher + Kids Shake — $10.00

PERSONALIZE YOUR DRINK

Customize your drink to match your goals.

TEA ENHANCEMENTS

Collagen	$3.00
Creatine	$2.00
Electrolytes	$2.00
Extra Protein	$3.00
Nitric Oxide	$3.00
Probiotic	$2.00

SHAKE ENHANCEMENTS

Collagen	$3.00
Creatine	$2.00
Extra Protein	$3.00
Fat Reduction Shot	$4.00
Greens Booster	$3.00
Probiotic	$2.00

Not sure what to add?
Ask our team which enhancement best fits your goals.

Discover the **FLAVOR WALL**

75+ SIGNATURE DRINKS

Your next favorite drink is waiting just behind the counter

SEASONAL & HOLIDAY SPECIALS

Follow us on **INSTAGRAM**

@ACHIEVE_NUTRITION





DISCOVER THE FLAVOR WALL

75+ DRINKS

Find your new favorite.





LOADED TEAS

BLUE MALIBU
Blue raspberry • coconut • pineapple

CARIBBEAN COLADA
Coconut • piña colada

★ **CHERRY SLUSH**
Limeade • cherry

CINNAMON PEACH
Strawberry • peach • cinnamon

FLYING BLUEJAY
Blueberry • coconut

★ **KAIZEN KISS**
pineapple • strawberry kiwi

★ **MAUI WAUI**
Melon • dragon fruit

MELON MANIA
Watermelon • melon

★ **MORNING MARGARITA**
Margarita • pomegranate

★ **OCEAN SPRAY**
Cranberry • pineapple

RAINBOW DROP
Rainbow candy • grape

STAR BURST
Cherry • peach

THE CORNHUSKER
Cucumber lime • strawberry

TROPICAL SUNRISE
Passion fruit • strawberry kiwi

WATERMELON CRAWL
Green apple • watermelon

MEGA TEAS

ACHIEVE TEA
Cherry • blackberry

★ **BAJA BLAST**
Cucumber lime • limeade • blue blast

★ **CAPTAIN AMERICA**
Blue raspberry • strawberry

CUCUMBER MELON
Cucumber • watermelon

ELECTRIC LEMONADE
Blue raspberry • lemonade

ENERGY BUS
Passion fruit • rainbow candy

FISHBOWL MIX
Green apple • blue raspberry

FROSTBITTEN CRANBERRY
Melon • cranberry

HOMETOWN HERO
Grape • pomegranate

JOY RIDE
Peach • pomegranate

MANGO TANGO
Mango • melon • orange

PINK DRINK
Watermelon • lemonade • dragon fruit

★ **POLAR PEACH**
Orange pineapple • peach

★ **SWEET SUNSET**
Coconut • pineapple • cherry

★ **TWISTED LIME**
Limeade • raspberry

MEAL SHAKES

BANANA SPLIT
Strawberry • banana

(G)BLUEBERRY MUFFIN
Blueberry • cheesecake

BROWN SUGAR COOKIE
Brown sugar • pralines

CHOCOLATE CHUNK
Dutch chocolate

(G)COOKIE MONSTER
Cookies & cream • French vanilla

CREAMY CHEESECAKE
Strawberry cheesecake

(G)FEELIN' NUTTY
Cookies & cream • peanut butter

FUNKY MONKEY
Banana caramel • chocolate

ISLAND ESCAPE
Mango pineapple

(G)MINT CHIP
Mint chocolate

ORANGE CREAMSICLE
Orange cream

PEANUT BUTTER CUP
Peanut butter • chocolate

ROOSTER BREWSTER
Café latte • caramel

TOASTED BLONDIE
Pralines & cream • caramel

VANILLA VIBE
Vanilla

SPECIALTIES

COFFEES

BARISTA BROWN SUGAR

CLASSY CARAMEL

★ **HAZELNUT CRAZELNUT**

MAPLE DRIZZLE

MOCHA MADNESS

ROASTED MARSHMALLOW

PROTEINIS

BLUEBERRY

CHERRY

MANGO

ORANGE

★ **PEACH**

PINEAPPLE

★ **POMEGRANATE**

STRAWBERRY

IMMUNI-TEAS

HONEY GINGER

★ **ORANGE CITRUS**

POMEGRANATE CHAI

WATERMELON LIME

KIDS MENU

KIDS REFRESHER
ANY TEA IN A KID'S SIZE
**no caffeine*

KIDS SHAKE
ANY SHAKE IN A KID'S SIZE

FUEL ZONE

PRE-WORKOUT DRINKS

★ **DRAGON PUNCH**
Dragon fruit + mango

RAZZLE DAZZLE
Watermelon + green apple

STRAWBERRY SPARK
Lemonade + strawberry

ORCHARD ENERGY
Peach + strawberry

SWEET TART
Blue Blast + rainbow candy

POST-WORKOUT MEAL SHAKES

ACHIEVE SHAKE
Chocolate + peanut flour

★ **CHOCOLATE BROWNIE**
Chocolate + brownie batter

CINNAMON SWIRL
Caramel + brown sugar cinnamon

PEANUT BUTTER POWER
Chocolate + peanut flour + banana

SHORTIE CHEESECAKE
Cheesecake + strawberry

PERFORMANCE

PROTEIN 48

CHOCOLATE • STRAWBERRY • VANILLA

REBUILD SHAKE

CHOCOLATE • STRAWBERRY • VANILLA

VEGAN SHAKE

CHOCOLATE + PB • VANILLA + PB

CHECK OUT OUR SEASONAL & HOLIDAY SPECIALS!