



32 oz. Shakes	Calories	Fats	Carbs	Protein	Fiber
American Dream	410	5	58	27	6
Antioxidant Berry	410	3	70	31	12
Banana Split	510	13	81	31	11
Blueberry Pie	430	10	58	29	12
Caramel Apple	390	3	68	26	4
Caramel Coffee Buzz	330	8	34	27	2
Coffee Buzz	240	8	10	27	3
Chocolate Coconut	320	16	22	26	6
Chocolate Dipped Strawberry Moon	430	12	60	30	13
Chocolate Pumpkin	550	20	61	30	9
Chunkee Monkee	450	22	36	35	8
Dark Chocolate Truffle	370	13	46	29	6
Dirty Monkee	480	21	40	38	8
Filthy Monkee	470	25	26	44	10
Hazelnut Monkee	420	18	39	28	5
Hazelnut S'mores	540	20	65	30	6
Maui Colada	560	16	82	29	8
Mint Cacao Chip	470	26	43	32	9
Nutmeg State	350	8	39	29	8
Orange Cream	300	4	40	29	5
PB Cookies 'N Cream	460	25	24	44	9
PB & Fluff	570	24	61	37	8
PB Jelly Time	580	25	62	38	16
Pumpkin Cheesecake	380	10	40	30	8
Samoa Monkee	560	27	68	32	9
S'mores	360	8	47	29	7
Strawberry Moon	320	6	44	28	9
Strawberry Lemonade	290	1	48	26	7
The Lime Green Mango	450	3	110	6	14
Ultimate Green	360	3	84	7	12
Watermelon, Pineapple, Mint	n/a	n/a	n/a	n/a	n/a
Original Hot Chocolate	170	5	9	26	4
Mass Mocha	710	20	74	64	6
Mass PB Cookie	990	38	86	78	13
Mass Strawberry Oats	800	22	81	72	11

**Macros are based on shakes using unsweetened almond milk.
Available to order with non dairy or dairy milks.**



24 oz. Shakes	Calories	Fats	Carbs	Protein	Fiber
American Dream	320	5	45	21	4
Antioxidant Berry	380	2	70	25	12
Banana Split	470	12	80	24	11
Blueberry Pie	390	8	56	22	11
Caramel Apple	302	2	54	19	2
Caramel Coffee Buzz	280	7	32	21	1
Coffee Buzz	200	7	8	20	2
Chocolate Coconut	270	14	21	20	5
Chocolate Dipped Strawberry Moon	390	11	58	23	12
Chocolate Pumpkin	470	17	52	23	8
Chunkee Monkee	360	20	23	28	6
Dark Chocolate Truffle	330	12	44	22	5
Dirty Monkee	440	20	38	31	7
Filthy Monkee	430	24	24	37	10
Hazelnut Monkee	370	16	37	22	4
Hazelnut S'mores	470	18	57	23	5
Maui Colada	520	14	81	23	8
Mint Cacao Chip	420	25	41	26	8
Nutmeg State	300	6	37	22	7
Orange Cream	230	3	31	22	3
PB Cookies 'N Cream	420	24	22	37	9
PB & Fluff	500	22	54	30	7
PB Jelly Time	540	23	60	31	16
Pumpkin Cheesecake	340	9	39	23	7
Samoa Monkee	520	25	67	25	8
S'mores	290	7	39	22	6
Strawberry Moon	270	4	43	22	9
Strawberry Lemonade	260	1	47	20	7
The Lime Green Mango	420	3	103	6	14
Ultimate Green	320	3	72	7	10
Watermelon, Pineapple, Mint	150	0	38	2	3
Original Hot Chocolate	n/a	n/a	n/a	n/a	n/a
Mass Mocha	n/a	n/a	n/a	n/a	n/a
Mass PB Cookie	n/a	n/a	n/a	n/a	n/a
Mass Strawberry Oats	n/a	n/a	n/a	n/a	n/a

**Macros are based on shakes using unsweetened almond milk.
Available to order with non dairy or dairy milks.**



16 oz. Shakes	Calories	Fats	Carbs	Protein	Fiber
American Dream	220	3	33	14	3
Antioxidant Berry	230	2	40	16	6
Banana Split	260	7	41	16	6
Blueberry Pie	220	5	30	14	6
Caramel Apple	210	2	38	13	2
Caramel Coffee Buzz	170	4	18	14	1
Coffee Buzz	170	4	6	14	2
Chocolate Coconut	190	9	17	13	3
Chocolate Dipped Strawberry Moon	240	7	36	15	7
Chocolate Pumpkin	330	10	40	16	7
Chunkee Monkee	260	11	19	24	5
Dark Chocolate Truffle	190	7	23	15	3
Dirty Monkee	300	13	26	24	6
Filthy Monkee	300	15	19	27	8
Hazelnut Monkee	230	9	25	15	3
Hazelnut S'mores	280	10	33	15	3
Maui Colada	340	10	52	15	4
Mint Cacao Chip	260	14	27	17	5
Nutmeg State	200	4	25	15	5
Orange Cream	190	3	30	15	3
PB Cookies 'N Cream	290	15	18	27	7
PB & Fluff	290	12	31	19	4
PB Jelly Time	290	13	31	19	8
Pumpkin Cheesecake	230	7	22	15	4
Samoa Monkee	330	14	47	16	5
S'mores	180	4	24	14	3
Strawberry Moon	160	3	22	14	5
Strawberry Lemonade	170	1	32	13	3
The Lime Green Mango	n/a	n/a	n/a	n/a	n/a
Ultimate Green	n/a	n/a	n/a	n/a	n/a
Watermelon, Pineapple, Mint	75	0	19	1	1
Original Hot Chocolate	n/a	n/a	n/a	n/a	n/a
Mass Mocha	n/a	n/a	n/a	n/a	n/a
Mass PB Cookie	n/a	n/a	n/a	n/a	n/a
Mass Strawberry Oats	n/a	n/a	n/a	n/a	n/a

**Macros are based on shakes using unsweetened almond milk.
Available to order with non dairy or dairy milks.**