



TR90 Available 8:30 AM – 1:30 PM

Choose from our selection of tried-and-true favorites or Create Your Own! All shakes are prepared with 2 scoops for a full 30g of protein in each shake.

Specialty Shakes \$4.75

(Unless noted otherwise)

Vanilla

The Hipster Granola: Vanilla Trimshake, Almond Milk, Banana, Strawberry, Peanut Butter, Granola

Orange-Sicle: Vanilla, Trimshake, Orange Juice, Double Mango, Double Pineapple

Ginger Swamp Monster: Vanilla Trimshake, Oat Milk, Ginger, Pineapple, Honey, Spinach, Strawberry, Greek Yogurt.

Hawaiian Breeze: Vanilla Trimshake, Orange juice, Mango, Pineapple, Honey, Ginger, Spinach

PB & J: Vanilla Trimshake, Almond Milk, Double Peanut Butter, Strawberries, Raspberries, Flaxseed, Honey \$5.00

Flaxy Banana Rama: Vanilla Trimshake, Almond Milk, Bananas, Flaxseed, Peanut Butter and Honey \$5.00

The Blue Avocado: Vanilla Trimshake, Almond Milk, Double Blueberries, Avocado, Cinnamon, Honey, Greek Yogurt \$5.25

The Green Banana: Vanilla Trimshake, Almond Milk, Avocado, Double Banana, Double Spinach, Peanut Butter \$5.25

Vanilla Protein

Truly Truman: Vanilla Protein, Oat Milk, Double Blueberry, Double Mango

Ty Fighter: Vanilla Protein, Almond Milk, Double Spinach, Peanut Butter, Honey

PBS: Vanilla Protein, Oat Milk & Double Strawberry, Banana & Peanut Butter

Specialty Shakes \$4.75

(Unless noted otherwise)

Chocolate

Muddy Lake: Chocolate Trimshake, Almond Milk, Banana, Honey, Cinnamon, Peanut Butter

Triple Double: Chocolate Trimshake, Almond Milk, Double Honey, Double Peanut Butter, Double Greek Yogurt

Peanut Butter Cup: Chocolate Trimshake, Skim Milk, Greek Yogurt, Granola, Double Peanut Butter

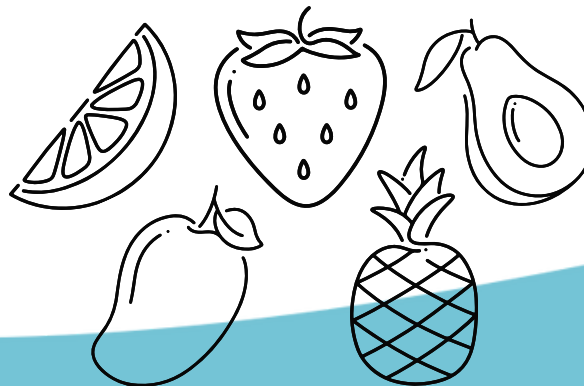
Dark Chocolate Raspberry: Chocolate Trimshake, Almond Milk, Double Raspberry, Peanut Butter, Honey, Cocoa Powder

Build Your Own TR90 Shake \$4.75

Choice of TR90 (1): Vanilla, Chocolate, Green Shake, Vanilla Protein Boost

Choice of Liquid (1): Almond Milk, Oat Milk, Skim Milk, Water, Orange Juice (add'l \$.25)

Choice of Add-ins (up to 6): Strawberries, Blueberries, Mandarin Oranges, Raspberries, Mango, Banana, Spinach, Peanut Butter, Honey, Pineapple, Ginger, Cinnamon, Fat Free Vanilla Greek Yogurt, Cocoa Powder, Avocado (add'l \$.50), Flaxseed (add'l \$.25), Chia Seed (add'l \$.25)



Employee Favorites \$4.75

(Unless noted otherwise)

Created by NuSkin's own employees!

Vanilla

Matt #1: Vanilla Protein, Almond Milk, Spinach, Double Banana, Peanut Butter, Cinnamon, Cocoa Powder

The OG: Vanilla Trimshake, Oat Milk, 2x Strawberry, 2x Banana, Peanut Butter

The Dean: Vanilla Trimshake, Skim Milk, Banana, Strawberry, Cinnamon, Honey, Blueberry, Chia Seed \$5.00

Cup of Life: Vanilla Protein, Almond Milk, Spinach, Double Peanut Butter, Cocoa Powder, Double Banana, Avocado, Chia Seed, Honey \$6.50

Chocolate

The Shelton: Chocolate Trimshake, Skim Milk, Peanut Butter, Banana, Honey, Blueberry, Greek Yogurt

Cody: Chocolate Trimshake, Almond Milk, Peanut Butter, Greek Yogurt, Honey, Banana, Granola

Ken: Chocolate Trimshake, Skim Milk, Blueberry, Double Peanut Butter, Double Banana, Cinnamon

Mayte: Chocolate Trimshake, Almond Milk, Strawberries, Honey, Peanut Butter, Cocoa Powder, Granola, Double Banana \$5.00

Green Shake

Karie-Liscious: Green Shake, Oat Milk, Spinach, Blueberries, Ginger, Pineapple, Mango, Mandarin Oranges, Double-blended

Ryan Van: Green Shake, Almond Milk, Spinach, Strawberry, Mango, Flaxseed, Greek Yogurt, Honey \$5.00

Go Go Green: Green Shake, Oat Milk, Spinach, Avocado, Banana, Peanut Butter, Honey, Granola, Chia Seed \$5.50

Coffee & Espresso

| | 12oz | 16oz | 24oz |
|--|--------|----------------|--------|
| Brewed Coffee | \$1.99 | \$2.50 | \$2.99 |
| Red Eye | \$3.99 | \$4.50 | \$4.99 |
| Black Eye | \$4.99 | \$5.50 | \$5.99 |
| Americano | \$2.25 | \$3.00 | \$3.75 |
| Ice Coffee | \$2.25 | \$3.00 | \$3.75 |
| Latte | \$2.99 | \$3.50 | \$3.99 |
| Flavored Latte | \$3.50 | \$3.99 | \$4.50 |
| Mocha Latte | \$3.50 | \$3.99 | \$4.50 |
| Flat White | \$2.99 | \$3.50 | \$3.99 |
| Cappuccino | \$3.50 | \$4.00 | \$4.50 |
| Flavored Capp. | \$3.75 | \$4.25 | \$4.99 |
| Dirty Chai Latte | \$4.50 | \$5.50 | \$6.50 |
| Single Espresso | \$1.99 | Double: \$3.99 | |
| (additional espresso shot each \$1.50) | | | |

Coffee Bar

Available 8:30 AM - 1:30 PM

We brew locally roasted, sustainably sourced coffee from Millcreek Coffee Roasters in Salt Lake City

Non-Coffee Drinks

| | 12oz | 16oz | 24oz |
|------------------|--------|--------|--------|
| Chai Tea Latte | \$3.00 | \$3.50 | \$4.00 |
| Hot Chocolate | \$2.25 | \$2.75 | \$3.25 |
| Flavored Steamer | \$3.25 | \$3.75 | \$4.25 |
| Hot Tea | \$1.99 | \$2.25 | \$3.25 |

75 W CENTER STREET, PROVO, UT 84601
 Restaurant Line: (801) 345-2110
 Facebook: www.facebook.com/TheSpoonProvo
 Instagram: @TheSpoonatNSE
 Website: thespoon.tavlo.co

Milk Options:

Whole Milk, Fat Free Milk, Half & Half,
 Almond Milk & Oat Milk

House Made Flavors:

We make our flavors in house from pure cane sugar and gluten free emulsions

Vanilla, Almond, Hazelnut,
 Caramel, Chocolate, Cinnamon,
 Brown Sugar, English Toffee, Irish
 Cream, Coconut, Pistachio,
 Marshmallow

Sugar-Free Flavors:

Made with Stevia and gluten free emulsions

Vanilla, Hazelnut, Caramel,
 Chocolate, Cinnamon, English Toffee,
 Coconut, Almond, Pistachio

