PRE-WORKOUT SHAKE OPTIONS

ENERGY BOOST SHAKE | AED 45
- Vanilla protein powder
- Oats
- Banana
- Almond milk (or milk of your choice)
- Cinnamon

MOCHA ENERGIZER | AED 45
- Chocolate protein powder
- Brewed coffee
- Almond milk (or milk of choice)

BERRY BOOST | AED 45
- Berries
- Strawberry protein powder
- Almond milk (or milk of choice)
- Chia seeds

POST-WORKOUT SHAKE OPTIONS

SHAKE IT UP! | AED 45
- Vanilla protein powder
- Unsweetened almond milk
- Greek yoghurt
- Dates
- Almond butter

WHEY TO GO! | AED 45
- Chocolate protein powder
- Almond milk (or any milk of your choice)
- Banana
- Peanut butter
- Cocoa powder
- Oats

PINK TREAT | AED 45
- Fresh strawberries
- Strawberry protein powder
- Greek yoghurt
- Almond milk (or any milk of your choice)
- Banana
- Honey

PROPOSED PACKAGE OPTIONS

1. PRE-WORKOUT SHAKE + SNACK COMBO AED 50
Choose one pre-workout shake + one food item
(Low-fat apple muffin, peanut butter & banana muffin, granola & blueberry muffin, or seasonal sliced fruit)

2. POST-WORKOUT SHAKE + MEAL COMBO AED 75
Choose one post-workout shake + one substantial food item
(Detox salad, falafel wrap, or avocado & poached eggs toast)

3. FULL RECOVERY PACKAGE AED 95
Choose one post-workout shake + one substantial food item
(Detox salad, falafel wrap, or avocado & poached eggs toast) + seasonal sliced fruit

FOOD PAIRINGS FOR PRE / POST WORKOUT SHAKES
- Low-fat apple muffin
- Peanut butter and banana muffins
- Granola and blueberry muffins
- Seasonal sliced fruit
- Detox salad
- Falafel wrap
- Avocado & poached eggs toast

DAIRY | EGG | GLUTEN | LUPIN | NUTS | PEANUTES | PLANT-BASED | SEAFOOD | SHELLFISH | VEGETARIAN

Please let us know if you have any food allergies or special dietary needs.
All the prices are in UAE Dirhams and are inclusive of 7% municipality fees, 10% service charge, and 5% VAT.

ZEST