

Shakes For The Soul...



About the mythological character **LOKI**

Loki is probably the most fascinating and complex of all the characters in Norse mythology. An offspring of two giants-the enemy of the Vikings gods- Loki swore an oath and became a blood brother of Odin. This act allowed Loki into Asgard and gave him some of the same powers and privileges possessed by Odin and the other gods. Loki quickly tested these new powers, wavering in his love of their good side and their dark side. Before long, the powers of the dark side won and Loki became sinister.

In most Norse myths, Loki is portrayed as a prankster and a trickster. His misadventures often involve creating great problems for the Norse gods and for the inhabitants of the other worlds. When things seemed at their very worse, Loki often provided the remedy to save the day. His loyalty was often torn between the giants and the gods of Asgard and in trying to please both, he often found himself in deep trouble. Because of his wit and his cunning and mischievous character, Loki earned the name "God of Mischief." He was also considered the "God of Fire."



4970 DeMoss Road
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Café Hours:

Monday-Thursday	7:00 AM - 8:00 PM
Friday	7:00 AM - 3:00 PM
Saturday	8:00 AM - 2:00 PM
Sunday	Closed

Call Ahead For Carryout
610-779-6006

shake menu

LOKI'S LAIR

café



Recovery Shakes

The Strawberry Classic	4.50
Sun-drenched Strawberries, Strawberries, and more Strawberries blended with a ripe Banana	
Berries A' More	4.50
Antioxidant-rich Raspberries, Strawberries, Blueberries, and Blackberries	
Blueberry Blitz	4.75
Antioxidant-rich Blueberries blended with a ripe Banana	
Acai for Me	4.75
Super Antioxidant-rich Brazilian Acai, blended with Pomegranate, and Blackberries	
Cherry Chiller	4.50
New England Cranberries and sun-drenched Cherries	
Peaches 'n Cream Dream	4.75
Fresh Georgia Peaches, blended with golden Apricots and luscious Pears	
Orange Tangerine	4.50
Oranges, Tangelo Tangerine, and Pineapple blended with a Banana	
Lemonade	4.50
Fresh California Lemons crushed to create a refreshing mouth-watering puckering implosion.	
Hawaiian Harvest	4.50
A taste of the Islands. Mouth-watering Pineapple, a ripe Banana, and fresh Coconut	
Mango Tango	4.50
Mangos crushed and blended with a ripe Banana, Strawberries, and a hint of Hawaiian Pineapple	

Low-Glycemic Shakes

Peanut Butter Peel	5.75
Skim Milk or Organic Vanilla Soy Milk, Natural Peanut Butter, 5g of Fiber Blend, blended with 30g of Vanilla and Banana Protein	
Thrilla in Vanilla	5.75
Skim Milk or Organic Vanilla Soy Milk blended with 30g of pure Vanilla Protein, 5g of Fiber, Flax Seed Oil, Banana and real Vanilla Bean Extract	
Chocolate Frosty	5.75
Skim Milk or Organic Vanilla Soy Milk blended with Ghirardelli Chocolate, 5g of Fiber, Flax Seed Oil, and 30g of Chocolate Protein	

Add-ins

Protein - Whey or Soy	1.00
20g of Pure Protein Isolate, Vanilla, Chocolate, Wild Berry, Banana or Strawberry, Essential Amino Acids to rebuild a better body	
Creatine or L-Glutamine	.75
Increase your Stamina, Strength and Size or conserve your Muscle with 5g of these naturally occurring Amino Acids	
The Ultimate Recovery	.75
The perfect Recovery nutes to maximize your workout Antioxidants - A, C, and E combined with 750mg of L-Glutamine	
Daily Essentials	.50
Keep your body running on all cylinders with the Micros the RDA recommends; 5g of Multi-Vitamin & Mineral	
Burn Fat Burn	.75
Watch the fat MELT away; 108mcg of Chromium Picolinate, 50mg of Garcinia, 50mg of L-Carnitine and 250mg of Inulin	
Fiber Blend	.50
Keep your pipes clean; A proprietary blend of 5g Wheat, Oat, and Rice Bran Fibers	
Energizer	.50
Give your body a dose of Nature's natural zing, Eleuthero, Ginkgo, Bee Pollen, Gotu Kola, Cola Nut and White Willow Bark	
Veggie Meal for Real	1.25
NEVER miss a meal! 10g: Pumpkin & Flax Seed, Alfalfa, Barley, Wheat Grass, Chlorella, Spirulina, and Blue Green Algae	

Blended Coffee & Tea

Truly Latte	4.50
A delightful blend of the finest dark roast Colombian Coffee blended with Skim Milk or Organic Soy Milk	
Mocha Java	4.50
Colombian Coffee blended with rich Ghirardelli Chocolate, and your choice of Skim Milk, Organic Soy Milk, or Coffee	
Vanilla Honey Chai Tea	4.50
A delicious blend of Honey, Vanilla, Black Teas, and Spices blended with Skim Milk	
Chocolate Chai Latte	4.50
A blend of Black Teas and Spices, Colombian Coffee, Skim Milk or Organic Chocolate Soy Milk and rich Ghirardelli Chocolate	

Performance Shakes

Banana Nut Blast	5.00
Banana blended with Natural Peanut Butter, Skim Milk or Organic Soy Milk and 40g of Vanilla Protein	
Cardio Freeway	5.75
Organic Soy Milk, low-fat Vanilla Cream, 20g of Soy Protein, Flax Seed Oil, Strawberries and a shot of Honey	
Antioxidant Blast	6.00
Super Antioxidant-rich Brazilian Acai, Pomegranate, Blackberries, Banana, Blueberries, 20g of Vanilla Protein and The Ultimate Recovery Nute	
Green Machine	6.00
Crushed Pineapple, a ripe Banana, 20g of Vanilla Protein and our very own Veggie Meal for Real	
Orange Creamsicle	5.25
Oranges, Tangerines, Pineapple, and Banana blended with 20g Vanilla Protein	
Matcha Green Tea	5.50
Matcha Green Tea blended with Organic Vanilla Soy Milk, Honey, Banana, and 20g of Vanilla Protein	
Java Jolt	5.00
Dark roast Colombian Coffee complemented with just a hint of rich Ghirardelli Chocolate and 20g of Vanilla Protein blended with Skim Milk or Organic Soy Milk	
Peanut Butter Cup	5.25
Ghirardelli Chocolate and Natural Peanut Butter blended with 40g of Chocolate Protein and Organic Vanilla Soy Milk	
Chocolate Thinny Mint	5.75
Organic Chocolate Soy Milk blended with Ghirardelli Chocolate, Pure Mint, 30g of Chocolate Protein and our Burn Fat Burn formula	

Kids Shakes

PB & J	3.50
Natural Peanut Butter blended with Raspberries, Strawberries, Blueberries, and Blackberries	
Razzleberry	3.50
Raspberries, Strawberries, Blueberries, and Blackberries, blended with Banana	
Kids Classic	3.50
Crushed Strawberries blended with ripe Banana and a hint of Orange	