



SUMMIT

Littleton

menu

SUMMIT
HEALTHIER & HAPPIER
COMMUNITY



Summit
CN75JV



M-F, 7AM - 2PM + 6PM - 8PM

SAT & SUN 9AM - 2PM

PH: 720-468-0584

ADD OUR APP **ENGAGE :) WITH THE QR CODE
AND USE CODE: **CN75JV** TO ORDER AHEAD!**

8996 W. BOWLES AVE., UNIT L, LITTLETON, CO 80123

WWW.SUMMITNUTRITIONLITTLETON.COM

***Please let us know about any allergies!**

Gluten free, dairy free available! We have something for everybody, just ask!

Check in on Social media and get \$1 off every time!

Follow Us @SummitLittleton



3 PART MEAL SYSTEM: BASIC MEAL, COMBO PACKAGE! *ALOE SHOT + BASIC TEA + BASIC SHAKE*



ALOE:

*Soothing to your digestive system
& absorbs nutrients.*

TEA:

*High in antioxidants.
Metabolism & energy boosting.*

SHAKE:

*Packed with nutrients.
Healthy & balanced meal.*

BASIC TEAS

*High in antioxidants, metabolism
& energy boosting. Hot or Cold!*

1. LEMON
2. PEACH
3. RASPBERRY
4. CHAI
5. CINNAMON
6. POMEGRANATE
7. CITRUS

no caffeine

0-mg of caffeine & hydrates the body.

8. RELAXATION
9. STRAWBERRY LEMONADE
10. ORANGE PUNCH
11. ACAI BERRY

BASIC SHAKES

*Packed with 21 nutrients, vitamins & minerals.
24g of protein, 2 servings of fruits & veggies,
9g of sugar, 200 calories for a healthy &
balanced meal replacement!*

chocolate

1. TWIST CONE
2. CHOCOLATE MINT BROWNIE
3. ROLO
4. TURTLE
5. BROWNIE BATTER
6. CHOCOLATE BANANA
7. TOOTSIE ROLL
8. ROCKY ROAD
9. CAKE BATTER

vanilla

10. FRENCH VANILLA
11. STRAWBERRY CHEESECAKE
12. MINT BON BON
13. CHEESECAKE
14. BUTTER PECAN
15. FRENCH TOAST
16. CINNAMON TOAST
17. ORANGE CINNABON
18. FRIED ICE CREAM
19. CINNAMON ROLL
20. COOKIES & CREAM
21. CARAMEL COOKIES

peanut butter

22. ELVIS
23. CHUNKY MONKEY
24. WHITE CHOCOLATE REESES
25. CARAMEL PEANUT BUTTER
26. PEANUT BUTTER CUP

fruity

27. PINEAPPLE STRAWBERRY
28. PINA COLADA
29. STRAWBERRY BANANA
30. ORANGE RASPBERRY
31. MANGO PINEAPPLE
32. ORANGE DREAMSICLE
33. FRUITY PEBBLES
34. BANANA CARAMEL
35. PINEAPPLE CAKE

coffee

36. CAFE LATTE
37. CAFE MOCHA
38. CARAMEL LATTE

UPGRADED TEAS

lattes

7g of protein, 85mg of caffeine.

16oz Hot or Cold!

- 12. CHAI LATTE
- 13. CINNAMON LATTE

protein coffees

15g of protein, 2g of sugar, 100 calories & 80mg of caffeine. 16oz Hot or Cold!

- 14. HOUSE COFFEE
- 15. MOCHA COFFEE
- 16. DARK ROAST COFFEE

beauty teas

Reduces fine lines, wrinkles & cellulite. Collagen for hair, skin and nails.

- 17. RASPBERRY STRAWBERRY LEMONADE
- 18. PEACH BERRY LEMONADE
- 19. LEMON STRAWBERRY
- 20. POM STRAWBERRY LEMONADE

immune teas

Echinacea, Zinc & Vitamin C. EpiCor acts like a multivitamin for your immune system.

- 21. CITRUS LEMON
- 22. GREEN CITRUS
- 23. ORANGE CITRUS POM
- 24. DOUBLE IMMUNE

fiber teas

Minimize bloating and promote regularity in your digestive system.

- 25. APPLE CINNAMON
- 26. LEMON TROPICAL TWIST

energy teas

Extra energy blend to stay alert & focused.

- 27. POMEGRANATE ACAI
- 28. TROPICAL PEACH
- 29. BERRY FIZZ
- 30. POM POM
- 31. BERRY LEMONADE
- 32. RASPBERRY MARGARITA
- 33. SHERBERT
- 34. ORANGE SLICE
- 35. POM LEMONADE
- 36. PEACHY POM
- 37. ORANGE PEACH
- 38. BLACK CHERRY
- 39. MULLED WINE

hydration teas

Rapid hydration, immediate energy & antioxidant support.

- 40. PEACH ORANGEADE
- 41. ORANGE RASPBERRY
- 42. ORANGE POM SPRITZ
- 43. LEMON ORANGE TWIST

pre-workout drinks

Boost with caffeine & creatine. Support healthy blood flow with nitric oxide. Provides endurance during workout to go longer & stronger in your performance.

- 44. WATERMELON ACAI
- 45. ORANGE RISE

heart drinks

Produces nitric oxide to support energy, oxygen flow & circulation.

- 46. LEMON POM
- 47. ORANGE MANGO
- 48. BLACKBERRY LEMON
- 49. PINEAPPLE MANGO

anytime BCAA

Supports lean muscle & reduces muscle breakdown.

- 50. GREEN APPLE LEMON
- 51. TROPICAL GREEN APPLE

mega drinks

32oz cup. 30 calories & 1g of sugar. Blend of collagen, nitric oxide, B vitamins, green tea, tons of antioxidants & hydration.

- 52. LEMON DROP
- 53. STRAWBERRY KIWI
- 54. COOL CUCUMBER LIME
- 55. WATERMELON
- 56. BLUEBLAST
- 57. CAPTAIN AMERICA
- 58. NERDS
- 59. GRAPE POPSICLE
- 60. CHERRY ON TOP
- 61. BLACK MAGIC
- 62. CHERRY LIMEADE
- 63. BLACKBERRY LEMONADE
- 64. RAZZ-MA-TAZZ

no caffeine mega drinks

32oz cup. 30 calories & 1g of sugar. 0-mg of caffeine with a blend to hydrate the body.

- 65. TROPICAL PASSION FRUIT
- 66. GUMMY BEARS
- 67. SWEET TART

macchiatos

Control hunger, reduces fat, curbs appetite 6-8 hours. 16oz Cold!

- 68. CARAMEL MACCHIATO
- 69. MOCHA MACCHIATO
- 70. ESPRESSO MACCHIATO

UPGRADED SHAKES

Same nutrients as a regular shake with an added booster for additional benefits to your body.

post workout shakes

Rebuilds and repairs muscles post workout. 24g of whey & casein protein substituted in your shake.

- 39. RIPPED MINT
- 40. FUDGESICLE
- 41. STRAWBERRY RECHARGE
- 42. SMORE ABS
- 43. MUSCLE MANGO
- 44. VANILLA VICTORY

coffee infused shakes

Coffee added in adds 7g of Protein & 40mg of caffeine.

- 45. BANANA MOCHA
- 46. JAVA CHIP
- 47. COFFEE COOKIES
- 48. CARAMEL PRALINE FRAPPE

boosted shakes

Add 7 extra grams of protein into your shake.

Amino acids help reduce muscle soreness & improve recovery and repair.

- 49. PEACH COBBLER
- 50. WEDDING CAKE
- 51. CARAMEL APPLE
- 52. MONKEY OATS
- 53. MIXED BERRIES
- 54. MANGO TANGO
- 55. GREEN MACHINE
- 56. CHERRY DIPPED CONE
- 57. BANANA NUT BREAD

chunky blizzard shakes

Protein bar blended in for an extra 10g of protein & chunky texture.

- 58. CHUNKY BROWNIE BATTER
- 59. PEANUT BANANA CHUNK
- 60. JAVA CHIP BANANAS
- 61. COOKIE DOUGH CHEESECAKE
- 62. MINT OREO BLIZZARD
- 63. CAFE COCOA CHIP
- 64. LEMON COCONUT CAKE
- 65. RASPBERRY ALMOND CAKE
- 66. SASQUATCH
- 67. BUTTERFLINGA

energy lava shakes

Extra energy blend to stay alert & focused.

- 68. KEY LIME PIE
- 69. ORANGE SHERBERT
- 70. BLACKBERRY COBBLER
- 71. BLUEBERRY MUFFIN BATTER

fat reducing shakes

Control hunger, reduces fat, curbs appetite 6-8 hours.

- 72. MAPLE GLAZED DONUT
- 73. HORCHATA
- 74. STRAWBERRY CAKE DONUT
- 75. CHOCOLATE FRIED ICE CREAM
- 76. FROSTED ANIMAL CRACKER
- 77. NUTTER BUTTER
- 78. MUDSLIDE

BOWLS

smoothie bowl

Served in a bowl with a spoon & toppings.

260 calories & 29g of protein.

- 79. NUTS OVER BANANAS
- 80. PEACHES & CREAM GRAHAM
- 81. BERRY OATS
- 82. PEANUT BUTTER JAVA
- 83. COCONUT CHOCOLATE

oatmeal bowl

Served warm in a bowl with a spoon.

240 calories & 29g of protein.

- 84. STRAWBERRIES & CREAM
- 85. BLUEBERRY & WALNUTS
- 86. CINNAMON STICKY BUN

muffin bowl

Warm muffin in a bowl served with a spoon.

200 calories & 24g of protein.

- 87. DOUBLE CHOCOLATE
- 88. PEANUT BUTTER
- 89. LEMON POPPY SEED
- 90. CINNAMON BANANA WALNUT

kid's menu!

kid's hydration

- K1. WATERMELON
- K2. GRAPE
- K3. PINEAPPLE
- K4. STRAWBERRY
- K5. ORANGE
- K6. BLUE
- K7. RAINBOW CANDY

kid's shakes

- K8. BANANA
- K9. COOKIES & CREAM
- K10. STRAWBERRY
- K11. VANILLA

- K12. CHOCOLATE
- K13. PB & J
- K14. BIRTHDAY CAKE
- K15. ORANGE
- K16. TOOTSYPOP
- K17. MINT CHIP

kid's protein bites

- K18. CRUNCHY CARAMEL VANILLA
- K19. CRUNCHY CARAMEL LEMON
- K20. SALTED CARAMEL