

# PROTEIN SHAKES

## PROTEIN:

Whey  
Plant-based  
(raw, organic, vegan)

## MILK:

Almond Oat  
2% Coconut

## NEED A BOOST?

Energy  
Fat-burner  
Multi-vitamin  
MCT Oil  
Organic  
Peanut Butter  
Chia Seed  
**VITAL PROTEINS** Collagen

### WINTERBERRY **SEASONAL**

**VITAL PROTEINS** collagen, blueberry, strawberry, cranberry, Greek yogurt and apple cider

280 cals, 23g protein, 45g net carbs

### JOKES ACAI'D

Acai berry, banana, blueberry, vanilla whey protein and Greek yogurt

410 cals, 19g protein, 74g net carbs

### WRIGLEY PEELED<sup>V</sup>

Organic peanut butter, banana, organic agave nectar, chocolate whey protein and almond milk

500 cals, 25g protein, 33g net carbs

### BERRY GOOD<sup>V</sup>

Strawberry, blueberry, banana, organic agave nectar, vanilla whey protein and almond milk

220 cals, 15g protein, 31g net carbs

### PB & J<sup>V</sup>

Organic peanut butter, blueberry, strawberry, organic agave nectar, vanilla whey protein and almond milk

330 cals, 19g protein, 25g net carbs

### THE PERK<sup>G</sup>

House-made cocoa malt, espresso whey protein, chocolate whey protein and almond milk

190 cals, 25g protein, 12g net carbs

### BIG DATE<sup>V</sup>

Dates, cocoa nibs, banana, vanilla whey protein and oat milk

360 cals, 17g protein, 53g net carbs

### AVO-MATCHA<sup>V</sup>

Matcha green tea, avocado, raw organic honey, vanilla whey protein and almond milk

240 cals, 15g protein, 26g net carbs



### HIPPIE SHAKE<sup>V</sup>

Oats, banana, organic peanut butter, hemp seed blend, cinnamon, vanilla whey protein and oat milk

610 cals, 29g protein, 61g net carbs

Winterberry

**SEASONAL**

# SUPER GREEN DRINKS

### HI-5<sup>V</sup>

Kale, spinach, cilantro and pineapple blended with crushed ice

180 cals, 3g protein, 44g net carbs

### HEALTH NUT<sup>V</sup>

Kale, spinach, green apple, banana, organic peanut butter, organic agave nectar and almond milk blended with crushed ice

340 cals, 9g protein, 37g net carbs

**G** Contains Gluten

**V** Vegan/Can Be Made Vegan



## DELICIOUS

CRAVEABLE & SATISFYING FLAVORS

## NUTRITIOUS

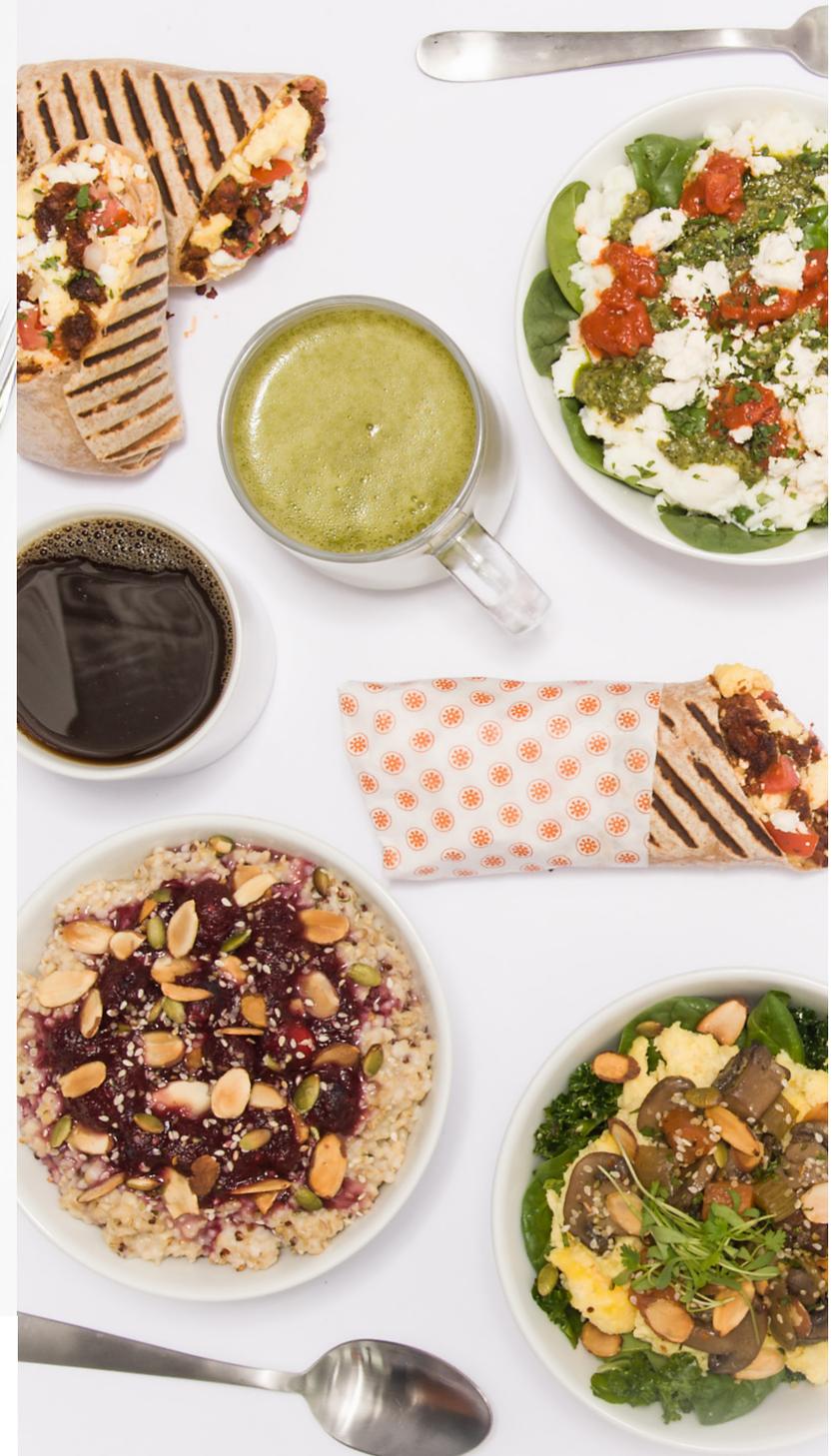
SUPER-CHARGED INGREDIENTS & HEALTHY SWAPS

## PROTEIN PACKED

15+ GRAMS OF PROTEIN IN ALL ENTREES & SHAKES



protein bar & kitchen



### LOCATIONS

Chicago, IL • Denver, CO • Washington, DC

For individual store locations, visit [theproteinbar.com](http://theproteinbar.com)



@theproteinbar

WINTER 2020

# FUNCTIONAL LATTES

**BEAUTY BREW LATTE** **NEW!**  
**VITAL PROTEINS** collagen, vanilla whey protein, espresso protein, almond milk and locally roasted coffee  
 170 cals, 31g protein, 6g net carbs

**MATCHA LATTE** **NEW!**  
 Matcha, MCT oil, organic raw honey and coconut milk  
 130 cals, 0g protein, 17g net carbs

**GOLDEN MILK LATTE**  
 MCT oil, grass-fed ghee, coconut milk, organic agave nectar, turmeric spice blend and locally roasted coffee  
 190 cals, 1g protein, 11g net carbs

**KETO COFFEE**  
 MCT oil, grass-fed ghee and locally roasted coffee  
 140 cals, 1g protein, 1g net carbs

# SCRAMBLES & BAR-RITOS

Eggs scrambled with grass-fed ghee, in your choice of **scramble bowl** or **bar-rito**

**WINTER PROTEIN BOWL**  
**SEASONAL**  
 Mushroom ragu, spinach, kale, toasted almonds and hemp seed blend, microgreens  
 240 cals, 18g protein, 6g net carbs

**MORNING MEXICALI**  
 Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, avocado, cilantro and chipotle Greek yogurt  
 Bowl|Bar-rito: 330/540 cals, 22g/41g protein, 9g/28g net carbs

**BEYOND CHORIZO** **NEW!**  
 Beyond Chorizo, pico de gallo, feta, chipotle Greek yogurt and cilantro  
 Bowl|Bar-rito: 270/460 cals, 28g/43g protein, 4g/21g net carbs

**BIG BACON**  
 Crispy turkey bacon and cheddar  
 Bowl|Bar-rito: 350/530 cals, 36g/51g protein, 4g/21g net carbs

**EGG WHITE, SPINACH & FETA** **NEW!**  
 Spinach, nut-free pesto, house-made tomato sauce fortified with ghee and feta  
 Bowl|Bar-rito: 260/450 cals, 23g/38g protein, 4g/22g net carbs



Beyond Chorizo **NEW!**

# OATMEAL PLUS

Stay fuller, longer with our signature **organic steel-cut oats** and **quinoa blend**

**WINTERBERRY** **NEW!**  
 Winterberry compote, toasted almonds and hemp seed blend  
 290 cals, 10g protein, 41g carbs

**MAPLE BACON**  
 Turkey bacon, maple syrup and cheddar  
 410 cals, 24g protein, 42g net carbs

**PEANUT BUTTER & ACAI**  
 Organic peanut butter, acai puree, banana and hemp seed blend  
 460 cals, 13g protein, 63g net carbs

**OVERNIGHT OATS**  
 Chilled oats, apple, Greek yogurt, maple syrup, chia, almond milk topped with banana, strawberry, blueberry and hemp seed blend  
 370 cals, 17g protein, 60g net carbs

Winterberry **NEW!**



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# SALADS & WRAPS

Served as your choice of a **salad** or in a **low-carb tortilla**

**SOUTHWEST** **V**  
 All-natural chicken, black beans, organic quinoa, avocado, cheddar, roasted corn, tomato, carrot and cilantro lime dressing  
 Salad|Wrap: 600/780 cals, 37g/53g protein, 40g/52g net carbs

**KALE CAESAR**  
 All-natural chicken, avocado, tomato, parmesan, kale, romaine, crispy parmesan crumble and Greek yogurt Caesar dressing  
 Salad|Wrap: 540/700 cals, 44g/57g protein, 13g/30g net carbs

**HEALTHY CLUB**  
 All-natural chicken, crispy turkey bacon, avocado, pickled red onion, tomato and Greek yogurt ranch dressing  
 Salad|Wrap: 540/710 cals, 42g/56g protein, 25g/40g net carbs

**CLASSIC BUFFALO**  
 All-natural chicken, blue cheese, celery, carrot, cucumber and Greek yogurt Buffalo ranch dressing  
 Salad|Wrap: 280/440 cals, 30g/43g protein, 7g/23g net carbs

**SUPERFOOD VEGAN** **V**  
 Organic tofu, carrot, chickpeas, avocado, spinach, kale, pickled red onion, celery, organic quinoa, hemp seed blend and house-made creamy chia dressing  
 Salad|Wrap: 520/670 cals, 21g/34g protein, 36g/51g net carbs

**THE GREEK** **V**  
 All-natural chicken, feta, house-made hummus, tomato, cucumber, oregano, pickled red onion and apple cider vinaigrette, served with bag of pita chips  
 Salad|Wrap: 720/900 cals, 40g/55g protein, 45g/63g net carb

## CUSTOMIZE YOUR PROTEIN:

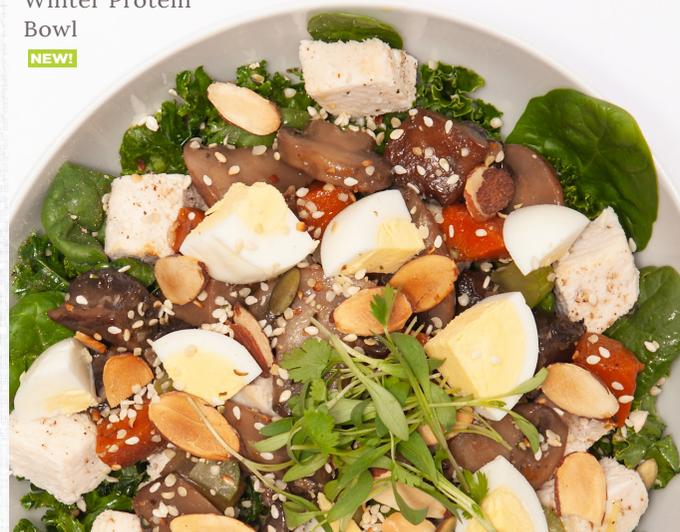
**BEYOND MEAT** **SALMON** **STEAK** **SWEET POTATO FALAFEL** **CHICKEN** **ORGANIC TOFU**

# SEASONAL

**WINTER PROTEIN BOWL** **NEW!**  
 Mushroom ragu, all-natural chicken, egg, spinach, kale, toasted almonds and hemp seed blend, microgreens  
 360 cals, 32g protein, 7g net carbs

**SWEET POTATO FALAFEL** **NEW!**  
 Sweet potato falafel, house-made hummus, feta, cucumber, tomato, pickled onion, cilantro, organic quinoa, mixed greens and lemon tahini  
 740 cals, 25g protein, 71g net carbs

Winter Protein Bowl **NEW!**



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# BOWLS & BAR-RITOS

Powered by our organic quinoa blend or riced cauliflower, served as a **bowl** or in a **low-carb grilled tortilla**

**HEALTHY PARM** **V**  
 100% plant-based Beyond Beef® meatballs, house-made tomato sauce fortified with ghee, spinach, organic quinoa, nut-free pesto and parmesan  
 Bowl: 600 cals, 33g protein, 40g net carbs

**SPICY KOREAN** **V** **V**  
 100% plant-based Beyond Beef® meatballs, cucumber, spinach, pickled red onion, riced cauliflower, pickled carrot and sweet & spicy chili sauce  
 Bowl: 600 cals, 21g protein, 52g net carbs

**MEXICALI**  
 All-natural chicken, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt topped with avocado and cilantro  
 Bowl|Bar-rito: 600/770 cals, 41g/55g protein, 41g/57g net carbs

**SALMON TLC**  
 Grilled salmon, Thai curry sauce, turmeric chickpeas, pickled carrot, pickled onion, kale, spinach, serrano chilis, roasted peanuts, spiced Greek yogurt and cilantro on a base of black lentils  
 680 cals, 41g protein, 53g net carbs

**CLASSIC BUFFALO** **V**  
 All-natural chicken, blue cheese, celery, carrot and traditional Buffalo sauce  
 Bowl|Bar-rito: 410/540 cals, 34g/46g protein, 33g/41g net carbs

**STEAKHOUSE RANCH**  
 All-natural steak, radish, salsa, black beans, Greek yogurt ranch dressing and your choice of cheddar or blue cheese  
 Bowl|Bar-rito: 550/730 cals, 39g/54g protein, 44g/61g net carbs

**SPINACH & PESTO**  
 All-natural chicken, nut-free pesto, spinach and parmesan  
 Bowl|Bar-rito: 740/730 cals, 46g/54g protein, 42g/40g net carbs

**BLACK BEAN** **V**  
 All-natural chicken, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt topped with avocado and cilantro  
 Bowl|Bar-rito: 600/700 cals, 47g/57g protein, 56g/60g net carbs

Healthy Parm **NEW!**



## CUSTOMIZE YOUR PROTEIN:

**BEYOND MEAT** **SALMON** **STEAK** **SWEET POTATO FALAFEL** **CHICKEN** **ORGANIC TOFU**

# SOUP & CHILIS

Chef crafted soup and chili bowls with **organic quinoa** or **riced cauliflower**

**BEYOND CHILI** **V** **V**  
 100% plant-based Beyond Beef® simmered with tomatoes, peppers, onion, charred corn, beans with cheddar, Greek yogurt and organic quinoa  
 430 cals, 34g protein, 45g net carbs

**SPICY CHICKPEA & LENTIL** **SEASONAL**  
 Organic blend of lentils, tomato, chickpea, onion, carrot, cilantro and Moroccan spices with riced cauliflower  
 310 cals, 15g protein, 26g net carbs

**CHICKEN CHILI**  
 All-natural chicken, beans, tomato and spices, with cheddar and Greek yogurt with organic quinoa  
 400 cals, 32g protein, 38g net carbs

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