

HOT DRINKS

TEA

ENGLISH BREAKFAST TEA £2.00

COFFEE

ESPRESSO £2.10

DOUBLE ESPRESSO £2.50

FLAT WHITE £3.00

CAPPUCCINO £3.50

LATTE £3.50

HOT CHOCOLATE

PROTEIN HOT CHOCOLATE* £3.50

PROTEIN WHITE HOT CHOCOLATE* £3.50

*APPROX 15G PROTEIN

ALL DRINKS FRESHLY PREPARED ON THE PREMISES INCLUDE MILK;
EITHER DAIRY (WHOLE, SEMI OR SKIMMED) OR VEGAN (OAT, ALMOND OR SOYA)

IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY YOUR SERVER.

INFO@ICONIQFITNESS.CO.UK

FOLLOW US:  ICONIQ.FITNESS  ICONIQ.FITNESS

COLD DRINKS

ICED COFFEE

ICED LATTE £3.50

VANILLA PROTEIN ICED COFFEE* £4.50

CHOCOLATE PROTEIN ICED COFFEE* £4.50

COFFEE PROTEIN ICED COFFEE* £4.50

*APPROX 30G PROTEIN

RED BULL

ORIGINAL 250ML £2.00

SUGAR FREE 250ML £2.00

ORIGINAL 335ML £2.50

SUGAR FREE 335ML £2.50

BLUE 335ML £2.50

BLUE 250ML £2.00

PINK 335ML £2.50

PINK 250ML £2.00

COCONUT 335ML £2.50

ICED VANILLA BERRY 335ML £2.50

WHITE PEACH 335ML £2.50

CARUBA & ELDERFLOWER 335ML £2.50

APRICOT 335ML £2.50

STILL WATER

FIJI STILL WATER 500ML £1.70

ICONIQ
FITNESS

MENU

DRINKS & SUPPLEMENTS



SHAKES

DELICIOUS AND NUTRITIOUS SHAKES
MADE WITH REAL INGREDIENTS,
FRESHLY PREPARED EVERY DAY*

THE KING

THANK YOU VERY MUCH

£5.50

/ CHOCOLATE WHEY PROTEIN POWDER / MILK / PEANUT BUTTER
/ GREEK YOGHURT / RAW EGG / OATS / BANANA / SPINACH

560 KCAL | 57.6G CARBS | 46.4G PROTEIN | 18.4G FAT

THE REACHER

IT'S ALL ABOUT THE CAFFEINE

£5.00

/ VANILLA WHEY PROTEIN POWDER / MILK
/ ICE / GREEK YOGHURT / SHOT OF COFFEE

282 KCAL | 16.2G CARBS | 32.8G PROTEIN | 9.6G FAT

THE MONTEZUMA

SWEETER THAN GOLD

£5.00

/ CHOCOLATE WHEY PROTEIN POWDER / MILK
/ BANANA / OATS / GREEK YOGHURT

443 KCAL | 53.5G CARBS | 37.5G PROTEIN | 10.3G FAT

THE SANDMAN

BRING ME A DREAM

£5.50

/ CHOCOLATE CASEIN PROTEIN POWDER / MILK / BLUEBERRIES / HONEY
/ CHERRIES / GREEK YOGHURT / PEANUT BUTTER / CHIA SEEDS

460 KCAL | 34.6G CARBS | 43.4G PROTEIN | 15.5G FAT

THE SCHWARZWALD

BLACK FOREST
THROWBACK

£5.00

/ CHOCOLATE WHEY PROTEIN POWDER / MILK
/ FROZEN CHERRIES / GREEK YOGHURT / OATS

452 KCAL | 59.5G CARBS | 36.8G PROTEIN | 9.7G FAT

THE SERENA

A PROTEIN GRAND SLAM (VG)

£5.00

/ VANILLA PLANT BASED PROTEIN POWDER / MILK
/ MATCHA / SPINACH / FLAX

260 KCAL | 25.2G CARBS | 30.4G PROTEIN | 12.2G FAT

THE P.O.T.U.S.

HAIL TO THE CHIEF

£4.50

/ VANILLA WHEY PROTEIN POWDER / MILK
/ ORANGE / ORANGE PEEL / OATS

357 KCAL | 40G CARBS | 35.9G PROTEIN | 6.4G FAT

THE CHUCK

GO JOHNNY GO, GO, GO!

£4.50

1 - PICK YOUR MILK:

/ DAIRY OR VEGAN OPTIONS

2 - CHOOSE YOUR PROTEIN:

/ CHOCOLATE / VANILLA / STRAWBERRY

3 - ADD YOUR BERRIES:

/ STRAWBERRIES

/ BLUEBERRIES

/ RASPBERRIES

/ MIXED BERRIES

THE BESPOKE

BUILD YOUR OWN SHAKE

1 - PICK YOUR BASE:

/ WATER £2.00

/ MILK: £2.50

DAIRY - WHOLE, SEMI, SKIMMED

VEGAN - OAT, ALMOND, SOYA

2 - CHOOSE YOUR PROTEIN:

/ CHOCOLATE

/ VANILLA

/ STRAWBERRY

3 - ADD YOUR EXTRAS:

/ EXTRA SCOOP OF PROTEIN £2.00

/ CREATINE £0.50

/ GLUTAMINE £0.50

/ BANANA £0.50

/ BERRIES £0.50

/ MANGO £0.50

/ ORANGE £0.50

/ CHERRIES £0.50

/ PEANUT BUTTER £0.50

/ EGG £0.50

/ GREEK YOGHURT £0.50

/ OATS £0.50

/ FLAX OR CHIA £0.50

/ SPINACH £0.50

COMBAT FUEL

STAY FUELLED, STAY ALERT!

PURCHASE OR PREORDER

PROTEIN

WHEY PROTEIN*	1KG	£32.00
VEGAN PROTEIN*	1KG	£26.00
CLEAR WHEY*	490G	£28.00

PRE & INTRA-WORKOUT

PRE-WORKOUT	370G	£28.00
DYNAMITE	350G	£30.00
EAAS	525G	£28.00
HYDRATE OR DIE	300G	£20.00
OPTIMISE	300G	£33.00
L-GLUTAMINE	300G	£14.00
CREATINE (UNFLAVOURED)	100 SERVINGS	£19.00
FLAVOURED CREATINE*	80 SERVINGS	£19.00

WELLNESS

HIGH STRENGTH VITAMIN D3 & K2	90 CAPS	£8.00
HIGH STRENGTH VITAMIN C	90 CAPS	£13.00
OMEGA 3 FISH OIL	90 SOFTGELS	£15.00
MULTIVITAMIN	180 CAPS	£17.00
ZINC & MAGNESIUM	180 CAPS	£21.00

FROM THE PROTEIN BAR

PRE-WORKOUT SHOTS

PRE-WORKOUT	18.5G	£2.00
DYNAMITE	17.5G	£2.25

INTRA-WORKOUT SHOTS

EAAs	17.5G	£2.00
HYDRATE OR DIE	10G	£1.50

PROTEIN CLUSTERS

MILK CHOCOLATE	60G	£2.50
WHITE CHOCOLATE	60G	£2.50

PEANUT BUTTER CUPS

COOKIES & CREAM	40G	£2.75
MILK CHOCOLATE	40G	£2.75
SALTED CARAMEL	40G	£2.75

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IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY YOUR SERVER.

OUR SUPPLEMENT & NUTRITION PARTNER **COMBAT FUEL**
ONLY USE INGREDIENTS OF THE HIGHEST QUALITY



ASK YOUR SERVER FOR FLAVOUR OPTIONS