

WORLD GYM
BARBELL CAFE

SHAKES

HULK BULK

Milk or Water, Protein, Flavour, Pure Carbs,
Banana, Peanut Butter, Honey, Ice

THE SHREDDER

Milk or Water, WPI, Ice

PURE ADRENALINE

Milk or Water, Thermofuel, ALC,
Glutamine, Ice

GORILLA JOE

Milk or Water, Protein, Flavour, Banana,
Almond Meal, Ice

BERRY BERRY DELICIOUS

Milk or Water, Strawberries, Raspberries,
Banana, Protein, Flavour

GO NUTS

Milk or Water, Protein, Caramel and
Chocolate Flavour, Peanut Butter, Nutella