

Thank you for choosing Down Under's Shake on the Barbi!!!

With our variety of shake options there's one or more for everyone. We strive to meet the nutritional needs of each individual.

Let us know your preferences and fitness goals and we will help you choose the one that best meets your lifestyle.

*"Helping Havre Get Healthy and Stay
Healthy"*

These products are made in a room that could contain NUTS, SOY, WHEAT and DAIRY.

FREE DELIVERY WITH PURCHASE OF 3 SHAKES OR MORE. OTHERWISE DELIVERY CHARGE OF \$2



SHAKE SELECTIONS

(406)-265-4805

downunderfitness.com

820 2nd St W

Havre MT, 59501

Treat My Body

BERRY BRISBAIN

Strawberry / Blueberry /
Raspberrry / Protein / Energy
Mix / Nonfat Milk \$4.50
*Calories 255 Carbs 15
Fat 6 Protein 31*

KOOKABURA KOCONUT PASSION

Coconut / Banana / Pineapple
/ Almonds / Nonfat Milk /
Wheat Germ / Protein \$4.50
*Calories 260 Carbs 38 Fat
11 Protein 42*

ECHIDNA ENERGIZER

Banana / Strawberry / Nonfat
Milk / Brewers Yeast/ Wheat
Germ / Protein / Energy Mix
\$4.50
*Calories 335 Carbs 30 Fat
7 Protein 34*

KIWI KICK

Kiwi / Banana / Orange /
Nonfat Milk / Energy Mix /
Protein \$4.50
*Calories 254 Carbs 23 Fat
3 Protein 28*

MAGPIE MOCHA

Chocolate / Mocha Mix /
Nonfat Milk / Soy Milk /
Protein \$4.50
*Calories 360 Carbs 42 Fat
7 Protein 35*

PLATYPUS PB&J

Peanut Butter / Strawberry /
Blueberry / Raspberrry /
Protein/ Nonfat Milk \$4.50
*Calories 374 Carbs 20 Fat
14 Protein 36*

PENGUIN PEANUT PASSION

Peanut Butter / Banana /
Strawberry / Protein / Nonfat
Milk \$4.50
*Calories 384 Carbs 25 Fat
14 Protein 37*

ROCKINGHAM RASPBERRY DREAM

Raspberrry / Strawberry /
Nonfat Milk / Energy Mix /
Protein \$4.50
*Calories 242 Carbs 16 Fat
2 Protein 31*

TASMANIAN TROPICAL PARADISE

Banana / Pineapple / Orange /
Kiwi / Nonfat Milk / Protein /
Energy Mix \$4.50
*Calories 233 Carbs 19 Fat
3 Protein 27*

LORIKEET LEMON

Lemon / Strawberry / Nonfat
Milk / Ice Cream / Protein
\$4.50
*Calories 355 Carbs 33 Fat
12 Protein 31*

MAKE YOUR OWN

Step 1: Pick your Liquid
Skim Milk, Almond Milk,
Coconut Milk, Water

Step 2: Pick Your Fruit
Strawberries, Blueberries,
Raspberries, Banana,
Pineapple, Orange, Mango

Step 3: Pick a Protein

Step 4: ENJOY!!

Choose a Size

Prices Listed are for 16 ounce smoothies— 24 ounce smoothies are \$1 more

Add an Extra Flavor

.75 each

Apple Juice	Guava Syrup	Peanut Butter	Spinach
Banana	Kiwi Syrup	Orange Juice	Pineapple
Blueberry	Lemon Juice	Pineapple	Raspberrry
Chocolate Syrup	Coconut Flakes	Papaya Juice	Strawberry
Cranberry Juice	Mango	Peach	Vanilla Syrup

Low Sugar

SURFERS PARADISE SUPREME

Banana / Strawberry /
Nonfat Milk / Protein \$4.50

Calories 249 Carbs 26
Fat 2 Protein 32

PACIFIC SPLASH

Banana / Strawberry /
Orange / Nonfat Milk \$4.50

Calories 150 Carbs 21
Fat 2 Protein 4

BYRON BAY BUZZZZZZ

Banana / Apple / Soy Milk /
Protein / Bee Sure \$4.50

Calories 297 Carbs 28
Fat 5 Protein 35

LOW SUGAR IS 35 GRAMS OR LESS

* **CAL/ SAT FAT/
PROTEIN**—Values may
vary due to handmade
process and optional
ingredients

No Fat

BLUE BONNET

Blueberry / Strawberry /
Non-Fat Milk / Protein /
Energy Mix \$4.50

Calories 271 Carbs 18
Fat 6 Protein 31

OSPREY ORANGE TWIST

Banana / Orange / Wheat
Germ / Energy Mix \$4.95

Calories 189 Carbs 33
Fat 1 Protein 4

PERTH PINEAPPLE BLISS

Pineapple / Banana /
Orange / Protein \$4.50

Calories 195 Carbs 21
Fat 2 Protein 26

MELBOURNE MANGO MANIA

Mango / Pineapple / Nonfat
Milk / Protein \$4.50

Calories 315 Carbs 41
Fat 5 Protein 29

Bulk Me Up

GREAT BARRIER REEF BUILDER

Chocolate or Vanilla
Protein / Peanut Butter /
Banana / Nonfat Milk / Ice
Cream / Gainer / Soy Milk
\$6.00

Calories 782 Carbs 51
Fat 31 Protein 71

MEEKATHARA MEGA MASS

Choose 1 Flavor / Banana /
Nonfat Milk / Ice Cream /
Protein / Gainer \$4.75

Calories 567 Carbs 48
Fat 14 Protein 62

COOLGARDIE CREATINE CATALYST

Protein / Granny Smith
Apples / Creatine / Milk
\$4.75

Calories 482 Carbs 46
Fat 7 Protein 57

NUTTY NULLARBOR BANANA

Banana / Peanut Butter /
Protein / Nonfat Milk \$4.50

Calories 447 Carbs 29
Fat 22 Protein 39

LIZMOR LEAN BODY

Choose 1 Flavor—Vanilla,
Strawberry. Chocolate
Choose 1 Base- Water,
Soy milk, Strawberry \$4.95

LIZARD ISLAND LEAN OUT

Chocolate or Vanilla
Protein
Nonfat Milk / Banana /
Peanut Butter

\$4.75
Calories 472 Carbs 30
Fat 16 Protein 61

MEEKATHARRA MINI MASS

Choose 1 Flavor, Banana /
Nonfat Milk / Ice Cream /
Protein \$4.95

Calories 371 Carbs 37
Fat 12 Protein 32

Unique Blends

GOANNA GREEN PROTEIN PUMP

Almond Milk, Peanut
Butter, Banana, Matcha
Green Tea, Chocolate
Protein \$4.75

*Calories 318 Carbs 18
Fat 12 Protein 32*

ADELAIDE ALMOND JOY

Skim Milk, Chocolate
Syrup, Coconut, Almond
Extract, Chocolate Protein
\$4.75

*Calories 345 Carbs 60
Fat 10 Protein 57*

OYSTER BAY OATMEAL SHAKE

Oats / protein / cinnamon /
sugar free maple syrup /
almonds / milk \$5.25

*Calories 587 Carbs 44
Fat 27 Protein 43*

BANDICOOT BERRIES AND CREAM

Protein / Pineapple Juice /
Mixed Berries \$4.50

*Calories 212 Carbs 24
Fat 3 Protein 26*

BOBTAIL BANANA CREAM PIE

Banana / Vanilla Ice Cream
/ Protein \$4.75

*Calories 427 Carbs 49
Fat 14 Protein 30*

MATCHA GREEN TEA TURTLE

Soy milk / Matcha Green
Tea / Nonfat Milk / Protein
\$4.75

*Calories 301 Carbs 15
Fat 10 Protein 38*

PADDINGTON PEANUT BUTTER CUP

Soy milk / Nonfat Milk /
Protein / Peanut Butter /
Chocolate \$4.50

*Calories 410 Carbs 39
Fat 13 Protein 35*

Boost My Immune System

KANGAROO KRANBERRY DELIGHT

Cranberry Juice / Banana /
Nonfat Milk / Protein \$4.50

*Calories 197 Carbs 14
Fat 3 Protein 28*

EMU ENERGIZER

Pomegranate Juice /
Cranberry Juice / Blueberry
/ Fiber / Soy Milk / Protein
\$4.75

*Calories 327 Carbs 33
Fat 10 Protein 32*

INDAIN OCEAN IMMUNITY NECTAR

Banana / Strawberry /
Cranberry / Protein /
Immunity Nectar \$4.50

*Calories 229 Carbs 32
Fat 10 Protein 32*

ROTTNEST ISLAND RE- JUVENATOR

Banana / Strawberry /
Nonfat Milk / Brewers
Yeast / Minerals / Wheat
Germ / Protein / Vitamin
Mix \$4.50

*Calories 341 Carbs 29
Fat 7 Protein 37*

QUOKA QUICK START

Strawberry / Orange Juice /
Egg Protein / Wheat Germ
4.50

*Calories 250 Carbs 37
Fat 2 Protein 29*

Help Me Lose Weight

SYDNEY SLIM 'N' FIT

Choose 1 Flavor / Banana /
NonFat Milk / Protein / Fat
Burner \$4.50

*Calories 236 Carbs 37 Fat
4 Protein 29*

LOW CARB COCKATOO

Choose 1 Flavor / Banana /
Nonfat Milk / Protein \$4.75

*Calories 226 Carbs 20 Fat
4 Protein 29*

ZONE ZINGER

Strawberry / Cranberry /
Lemon / Vitamin Mix / Flax Oil
/ Protein / Brewers Yeast /
Wheat Germ / Nonfat Milk
\$5.25

*Calories 539 Carbs 21 Fat
34 Protein 32*

Add a Booster! Add a Health Benefit to Your Smoothie!

Amino Acids: \$.50

Builds cells, repairs tissue, form antibodies to combat invading bacteria & viruses
15 Cal

Antioxidants \$.50

Deactivate certain free radicals, help reduce risk of cancer, heart disease and stroke
10 Cal

Bee Sure \$.1.00

Nutrient dense Super Food Mixture specially formulated for those individuals looking for the natural way to supplement their bodies ever changing nutritional needs.

Also stimulates mental and physical well-being while reducing effects of stress and toxins
25 Cal

Calcium \$.50

a mineral found in many foods. The body needs calcium to maintain strong bones and to carry out many

important functions. Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.

Creatine \$.50

Promotes efficient absorption of nutrient by enhancing body hydration
0 Cal

ZipFizz Energy \$.75

A healthy and great tasting energy drink-mix powder that delivers a powerful charge of micronutrients to the body's fuel system. It contains no ephedra

Fat Burner \$.75

Help support fat loss by enhancing metabolism, and stimulating thyroid. Helps by maintaining healthy appetite, and minimizing cravings. They can also optimize workout potential.
5 cal

Fiber \$.50

Helps You Feel Less Hungry Between Meals & Promotes Digestive Health

Flax Oil \$.75

Increases body's metabolic rate, helps burn excess fats in the body, boosts immunity, improves respiratory system, and helps stabilize blood-sugar levels
110 Cal

Gainer \$.75

Weight gainers are different than normal protein powders because they contain more protein, carbohydrates, and calories per serving. By adding a weight gainer shake to your daily diet, you can support: Plenty of good calories, protein, and carbs for building muscle*
50 cal

Glutamine \$.75

Helps brain function, reduces fatigue, improves exercise endurance and strengthens immune system
0 Cal

MultiVitamin \$.75

Supports metabolic pathway that produces optimum efficiency and performance
10 Cal

Vitamin C \$.50

Important structural component of blood vessels, connective tissue and bone
10 Cal

Probiotic: increases absorption of nutrients in the digestive tract
20 Cal

Greens Kale and Spinach

help support healthy skin function, blood vessels, bones and tissue
20 Cal

Whey Protein 12g / 24g
\$.75 / \$1.25

Pure, natural, high-quality protein from cow's milk shown to have numerous benefits for muscle mass, strength, fat loss and overall health.
95 Cal .

Vegan Protein \$.75

Offers good alternative to dairy based protein. Vegan protein is known to be highly digestible.
55 cal