



Follow us on IG & FB
@UPTOWNNUTRITIONCHI

Telephone: 312-899-6358
630-251-8059

Address: 4548 N Broadway

 **CHECK IN AND RECEIVE \$1 OFF**

Sweet Tooth



PROTEIN PANCAKES \$10

24G OF PROTEIN | 6G OF FIBER | 250 CAL
WITH BANANA, STRAWBERRY, ALMONDS,
CHOCOLATE & STRAWBERRY SYRUP

PROTEIN COFFEE 24OZ. \$9

22G OF PROTEIN | 2G OF SUGAR | 155 CAL

MOCHA

Make it Skinny

HOUSE BLEND

PROTEIN BOWLS \$10

24G OF PROTEIN | 2G OF SUGAR | 200 CAL

- BERRY
- MANGO
- CHOCOLATE

PROTEIN OATS \$9

24G OF PROTEIN | 2G OF SUGAR | 100 CAL

OATMEAL RAISIN

BANANA CARAMEL

PROTEIN WAFFLES \$10

24G OF PROTEIN | 6G OF FIBER | 250 CAL

WITH BANANA, STRAWBERRY, AND
CHOCOLATE & STRAWBERRY SYRUP

PROTEIN DONUTS \$3

15G OF PROTEIN | 15G OF CARBS | 120 CAL



\$5 SHOTS!

WATERMELON
PREWORKOUT

COLLAGEN BEAUTY
BOOSTER

IMMUNITY BOOSTER

MAKE IT SKINNY

PROTEIN BASED SNACKS

DONUTS \$3

LEMON BAR \$3

ALMOND BAR \$3

REFRESHERS 32OZ \$10

Energy, Focus, Hydration

- Be My Swee-tea Pomegranate, Raspberry
- Cucumber Lemonade
- Strawberry Lemonade
- Immuni-tea Orange, Immunity Essential
- Watermelon Rush- Watermelon, Pomegranate



REFRESHERS 24OZ \$8

Energy, Focus, Hydration

- Captain America- Blue raspberry, Pomegranate
- Hawaiian Punch- Strawberry, Orange
- Pink Starburst- Wild Berry, Strawberry Lemonade
- Mango Mixer- Mango, Peach
- Very Berry- Wild Berry, Raspberry
- Peach Paradise- Tropical Fruit, Mango



TEA BOOSTER (ADD ONS)

- Apple Fiber- 5g of Fiber **\$2**
- Collagen Healthy skin ,Reduces wrinkles & Biotin for hair & nails **\$4**
- Probiotics Healthy gut **\$2**
- Best Defense 1000mg Vit. C **\$3**
- H3O(Hydration-Electrolytes **\$3**
- Lift Off Vitamin B12 Promotes Energy & Focus **\$3**

PICK A COMBO

UPTOWN COMBO \$14

24oz Energizing Refresher &
24oz Smoothie
24g of Protein

LIT COMBO \$17

32oz Refresher &
24oz Smoothie
24g of Protein

SMOOTHIES \$9

250-350 cals / 9-14g sugar / 10-15g carbs

MAKE IT SKINNY + \$5

BODY FAT REDUCER

Green n' Vibin



- | | | |
|---------------------------------------|---------------------------|----------------------------------|
| 1. Pineapple Cake | 11. Mixed Berry | 21. Turtle Cheesecake |
| 2. Coconut Cream Pie | 12. Summer Breeze | 22. Chocolate Covered Banana |
| 3. Vanilla Wafer | 13. Aloha Delight | 23. Almond Joy |
| 4. Butter Pecan | 14. Coconut Crush | 24. German Chocolate Cake |
| 6. Banana Nut Muffin | 15. Tropical Fruit | 25. Chocolate Covered Strawberry |
| 7. French Toast | 16. Cinnamon Roll | 26. Strawberry Frappe |
| 8. White Chocolate Covered Strawberry | 17. OREO | 27. Hazelnut Latte |
| 9. Strawberry Short Cake | 18. Oatmeal Raisin Cookie | 28. Miami Mango |
| 10. Strawberry Banana | 20. Banana Split | 29. Fruity Pebbles |
| | | 30. Banana Caramel Pecan |