

Protein Bar & Healthy Food

GOOD MENU

Super Food for Super Life!



ENGLISH
MENU



*We can change
your day!*



WE'RE DIFFERENT!

We're not just a bar. We're a meeting point for flavor, nutrition, and performance. **GoodLife Protein Bar** is for those who want more: more energy, more well-being, better results. Here, every dish is designed to support you, every supplement is designed to strengthen you, **we propose a style of Functional Eating**, every choice brings you closer to your best version. And you're not alone: **we're a community of people who want to feel better, stronger, more active, and at their best every day**. Because we don't follow trends, we create them. We're not complacent; we push the boundaries.

WELCOME TO GOODLIFE PROTEIN BAR

The first restaurant where taste meets performance!

Each dish is designed by top-level nutritionists and chefs to offer you an uncompromising taste and nutrition experience. **We love the concept of Functional Nutrition, a unique way to improve yourself through food choices.** Whether you're an athlete or simply want to feel your best, here you'll find healthy and balanced foods enriched with exclusive Good Life supplements, unique in the market. Recharge, push your limits, and discover a new way to nourish yourself.

Eat smart, live strong!



GOODLIFECR.COM

OUR SUPPLEMENTS ARE READY
TO ACCOMPANY YOU IN YOUR GOALS

CONTINUE THE GOOD LIFE EXPERIENCE AT HOME!



1. CHOOSE YOUR PERFECT FOOD

Power salads, energizing bowls, protein wraps, and gourmet dishes: each offering is designed to provide you with all the nutrition you need, **with the right and balanced macronutrients**.



2. IMPROVE YOUR PATH

Want more protein? A boost of energy? Choose Good Life supplements and take your nutrition to the next level. You can take them in water, milk, or combine them with our Fresh Fruit Smoothies featuring premium ingredients and superfoods!



3. ENJOY THE FLAVOR WITHOUT THOUGHTS

Healthy doesn't mean boring! With us, every bite is an explosive blend of flavors, with fresh ingredients and recipes designed to make you feel good, without sacrificing pleasure.



4. JOIN THE GOOD LIFE COMMUNITY

It's not just food, it's a lifestyle! Join a community that believes in performance, well-being, and the desire to feel your best every day.



5. COME BACK AND OVERCOME YOUR LIMITS

Your growth is a journey: try new foods, discover ever-changing supplement combinations, and keep improving. Your energy is our mission!

LIST OF ALLERGENS: YOU'LL FIND THEM INDICATED ON EACH DISH, BUT DON'T HESITATE TO ASK OUR STAFF FOR ADVICE.



THE FIRST AND ONLY IN THE WORLD:
Scoop Bar Service!

Discover a new way to live life to the fullest and boost your well-being. Discover our **SCOOP BAR!**
GOOD LIFE supplements are unique and of exceptional quality. Try them now! Transform your diet with us, with our
PROTEIN SMOOTHIES, or by combining our fantastic **SMOOTHIES** with our supplements. Ask for advice! Our staff is
here to help you choose the best one for you.

**SUPPLEMENTS
BY SCOOP TO GO!**

Creatine: 600
Weight Gainer: 3.300
Whey Protein or Isolated: 1.500
Pre-Workout: 1.000

PROTEIN SHAKE (12oz)

Water 2.300
Water + protein scoop of your choice.

Milk 2.900
Milk of your choice or lactose-free
+ protein scoop of your choice.

Special milk 3.200

Protein or plant-based milk
+ protein scoop of your choice.

Pre-Workout 1.500

Water + pre-workout scoop of your choice.

SCOOP ON SMOOTHIES

Pre-Workout 1.100 | Creatine 600

Isolated or Whey Protein in Smoothies: 1.100

Weight Gainer in Smoothies: 1.900





BREAKFASTS SNACKS

Recommended combo to gain muscle mass:

Omelette with extra egg and extra bacon

Drink with us: Bulking Mode Smoothie + Whey Protein Scoop

01 **Buena Vida Bowl 4.200** ☺ VEGETARIAN GLUTEN FREE
Gallo pinto, 2 Eggs (fried eggs, scrambled eggs, poached eggs)
Avocado, Vinaigrette (cherry tomato, red onion, salt and pepper)

With GALLOPINTO MACROS | PROT: 23G | CARBS: 43G | FAT: 19G | KCAL: 463

With QUINOPINTO MACROS | PROT: 24G | CARBS: 38G | FAT: 20G | KCAL: 455

02 **Pinto wrap 4.500** ☺ ☺ VEGETARIAN
2 eggs filling (optional: chives or spinach), **Tortilla wrap** (whole or white wheat)
Accompanied by natural yogurt (substitute for custard) **and vinaigrette.**

With GALLOPINTO MACROS | PROT: 25,3G | CARBS: 59G | FAT: 18G | KCAL: 522

With QUINOPINTO MACROS | PROT: 25,8G | CARBS: 56G | FAT: 18G | KCAL: 517

03 **Omelette 3.800** ☺ ☺ VEGETARIAN
Turkey ham, spinach.
Served with one slice of sourdough toast (optional GLUTEN FREE) **or mixed salad.**

With 2 Whole Eggs MACROS | PROT: 19,2G | CARBS: 1G | FAT: 18G | KCAL: 263

With 3 Egg Whites MACROS | PROT: 15,2G | CARBS: 1G | FAT: 1G | KCAL: 82

1 slice of sourdough bread ☺
MACROS | PROT: 3,6G | CARBS: 19G | FAT: 0,5G | KCAL: 95

Additional to your Breakfast

Sauteed Mushrooms	500	Turrialba Cheese	700
Seasonal Fruit Soufflé	900	Feta Cheese	700
Ripe Banana	500	Palmito Cheese	1.000
Avocado	500	GoodLife Protein Bar Condensed Cream	800
Whole Egg or Egg White	500	GoodLife Protein Bar Hazelnut and Cocoa Cream ...	1.000
Baked Bacon	800	GoodLife Protein Bar Peanut Butter	500

*You can find the **allergen table** at the top of the menu. If you have any questions, please don't hesitate to ask the staff.

Eggs

Breakfast Snacks

Meal Dinner

Wraps Salads

Smoothies

Yummies

Extras



BREAKFASTS SNACKS

Recommended combo before training: Pre Work Toast!

Drink with us: No Stress + Creatine Scoop + Pre-Eat Scoop!

01 Peanut Toast VEGAN VEGETARIAN
Sourdough bread, banana, peanut butter, chocolate chips.
MACROS | PROT: 9G | CARBS: 60G | FAT: 11G | KCAL: 372 (PER UNIT)

02 Blueberry & Cheese Toast 3.500 2 Toasts: 6.500 VEGETARIAN
Sourdough bread, palmito cheese, blueberry jelly, honey and cinnamon.
MACROS | PROT: 20,6G | CARBS: 41G | FAT: 10G | KCAL: 332 (PER UNIT)

03 Fruit Milk Toast VEGETARIAN
Sourdough bread, banana, strawberries, GoodLife Protein Bar condensed cream, blueberries, chia, mint.
MACROS | PROT: 6,6G | CARBS: 50G | FAT: 4G | KCAL: 242 (PER UNIT)

04 Goodlife Toast 3.500 2 Toasts 6.500 VEGETARIAN
Sourdough bread, 2 eggs (fried, scrambled or poached), avocado, sauteed mushrooms, balsamic reduction.
MACROS | PROT: 21,1G | CARBS: 31G | FAT: 43G | KCAL: 618 (PER UNIT)

05 Mito Toast 3.500 2 Toasts 6.500 VEGETARIAN
Sourdough bread, gratin palmito cheese, tomato, house pesto.
MACROS | PROT: 17,1G | CARBS: 22G | FAT: 10G | KCAL: 247 (PER UNIT)

06 Pre Work Toast VEGETARIAN
Sourdough bread, egg (fried, scrambled or poached), ripe plantain, avocado, spinach.
MACROS | PROT: 14G | CARBS: 36G | FAT: 26G | KCAL: 445 (PER UNIT)

07 Protein Toast
Sourdough bread, egg (fried, scrambled or poached), avocado, turkey ham.
MACROS | PROT: 16,3G | CARBS: 28G | FAT: 26G | KCAL: 415 (PER UNIT)

08 Toast Mix 6.500
4 Mini toasts to choose from, sweet or savory.

Toast

1 Toast x 2,900 or 2 Toasts x 5,500 | Optional Bread: Gluten free

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MEAL DINNER

We have
Gluten Free!

Recommended combo after training: Omega Green Bowl!
Drink with us: Keto + Amino Acid Scoop + Protein Isolate Scoop!

01	Sourdough brioche bun, avocado, tomato, cabbage or lettuce salad with natural yogurt dip, pickles, baked potatoes or sweet potatoes (vegetables may vary seasonally).  
02	125G 98% LEAN BEEF BURGER 5.800  MACROS PROT: 41G CARBS: 45G FAT: 46G KCAL: 781
	GROUND CHICKEN BURGER 5.200  MACROS PROT: 46G CARBS: 45G FAT: 34G KCAL: 689
	CHICKPEA BURGER 4.800  MACROS PROT: 18.5G CARBS: 72G FAT: 27G KCAL: 617 
	KETO-GLUTEN FREE WITHOUT BREAD 4.800  MACROS PROT: 35,5G CARBS: 17G FAT: 44G KCAL: 626

01	Protein Burgers
02	Salmon
03	Pasta
04	Mediterraneo Power Bowl

01	OMEGA GREEN BOWL 6.500   GLUTEN FREE
	Salmon, Avocado, Quinoa, EVO Oil
	MACROS PROT: 31G CARBS: 16G FAT: 41G KCAL: 566
02	GOOD LIFE SALMON & VEGGIES 6.500   GLUTEN FREE
	Baked salmon with herbs, baked vegetables (carrot/broccoli/zucchini)
	natural yogurt and basil sauce (vegetables may vary depending on the season)
	MACROS PROT: 30.8G CARBS: 18G FAT: 28G KCAL: 463
03	WHEAT PASTA 100G.  MACROS PROT: 14G CARBS: 70G FAT: 1G KCAL: 351 
	CORN PASTA 100G. GLUTEN FREE  MACROS PROT: 7,5G CARBS: 79G FAT: 2G KCAL: 357
	Basil pesto, Grana Padano cheese, EVO oil 4.500
	MACROS PROT: 9G CARBS: 1G FAT: 17G KCAL: 200   VEGETARIAN
	Basil pesto with feta cheese and cherry tomatoes, Grana Padano cheese and EVO oil 5.900
	MACROS PROT: 15,9G CARBS: 4G FAT: 28G KCAL: 334   VEGETARIAN
	Basil pesto with chicken, Grana Padano cheese, and EVO oil 5.900
	MACROS PROT: 38G CARBS: 1G FAT: 24G KCAL: 397  

04	Mediterraneo Power Bowl 4.500   VEGETARIAN GLUTEN FREE
	Chickpeas, feta cheese, quinoa, tomato, EVO oil and basil.

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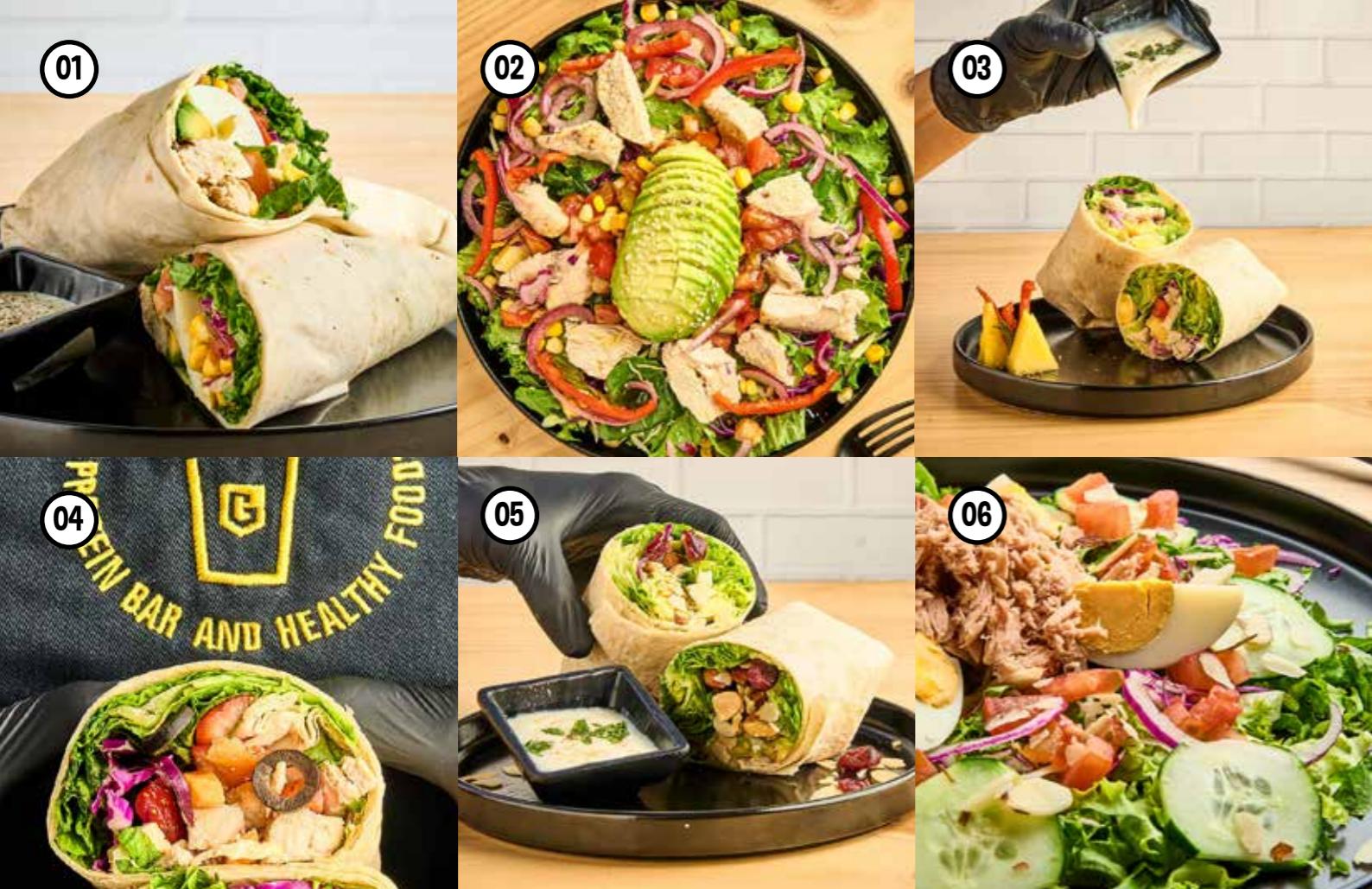
Meal
Dinner

Wraps
Salads

Smoothies

Yummies

Extras



WRAPS SALADS

CoRecommended combo for a fresh and light lunch/dinner: Energy Wrap/Salad
Drink with us: Defence + MultiVitamin Scoop!

Eat it as a Salad
or in a Wrap!

- 01 **Bulking** ⚡ Wrap: **6.500** Salad: **5.500**
Mixed salad, chicken, avocado, palmito cheese, hard-boiled egg, sweet corn, turkey ham, tomato, red onion (includes two tortillas)
MACROS | PROT: **51.4G** | CARBS: **19G** | FAT: **35G** | KCAL: **660**
- 02 **Lite Life** Wrap or Salad: **3.900**
Mixed salad, chicken, avocado, sweet corn, tomato, red onion, sweet chili.
MACROS | PROT: **32G** | CARBS: **17G** | FAT: **23G** | KCAL: **420**
- 03 **Detox** Wrap or Salad: **3.500**
Mixed salad, chicken, pineapple, red onion, sweet chili.
MACROS | PROT: **29G** | CARBS: **7G** | FAT: **7G** | KCAL: **227**
- 04 **Energy** ⚡ Wrap or Salad: **3.500**
Mixed salad, chicken, strawberries, palm cheese, carrots, black olives.
MACROS | PROT: **35G** | CARBS: **7G** | FAT: **11G** | KCAL: **296**
- 05 **Vegan Charge** ⚡ Wrap or Salad: **3.500**
Mixed salad, avocado, black olives, dried cranberries, almonds, carrot.
MACROS | PROT: **4.7G** | CARBS: **29G** | FAT: **25G** | KCAL: **339**
- 06 **Keto** ⚡ Wrap or Salad: **4.500**
Mixed salad, tuna, hard-boiled egg, tomato, cucumber, almonds, red onion.
MACROS | PROT: **32.8G** | CARBS: **7G** | FAT: **14G** | KCAL: **304**

Our Tortillas

INTEGRAL TORTILLA 71G

MACROS | PROT: **6G** | CARBS: **35G** | FAT: **6G** | KCAL: **218**

WHEAT TORTILLA 71G

MACROS | PROT: **6G** | CARBS: **37G** | FAT: **5G** | KCAL: **217**

Our Salads

VEGAN VEGETARIAN GLUTEN FREE

Your way! 4.500

Choose Wrap or Salad: 1 protein + 4 vegetables + Dressing of your choice.



Wraps
Salads

Smoothies

Yummies

Extras

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- 01 **Bulking Mode**

Milk, banana, oatmeal, peanut butter.
MACROS | PROT: 20G | CARBS: 87G | FAT: 12G | KCAL: 526
- 02 **Hulk Smoothie**

Milk, banana, oatmeal, blueberries, peanut butter, honey.
MACROS | PROT: 20G | CARBS: 97G | FAT: 12G | KCAL: 564
- 03 **Beast Mode**

Milk, natural yogurt, strawberries, María Pozuelo cookies, peanut butter.
MACROS | PROT: 14,1G | CARBS: 45G | FAT: 8G | KCAL: 327

PREMIUM SCOOP GOOD LIFE ORIGINAL

Isolated or Whey Proteins in Smoothies 1.100
Weight Gainer Shakes 1.900

NEED ADVICE? ASK US!

- 01 **Defense**

Almond milk, honey, turmeric, cinnamon.
MACROS | PROT: 1,6G | CARBS: 41G | FAT: 3G | KCAL: 171
- 02 **Immuno**

Pear, lettuce, sweet pepper, celery, lemon.
MACROS | PROT: 1G | CARBS: 29G | FAT: 0G | KCAL: 117
- 03 **Metabolic**

Kiwi, honey, lemon, spinach, chia seeds.
MACROS | PROT: 3G | CARBS: 46G | FAT: 3G | KCAL: 213

SMOOTHIES

Try them with our supplements to unleash your full potential!
WE OFFER: LACTOSE FREE | VEGETAL MILK!

- 01 **Skin Care**

Orange juice, natural yogurt, mango, coconut oil, mint.
MACROS | PROT: 6,3G | CARBS: 38G | FAT: 2G | KCAL: 172
- 02 **No Stress**

Almond milk, strawberries, blueberries, honey, basil.
MACROS | PROT: 1G | CARBS: 38G | FAT: 2G | KCAL: 172
- 03 **Recovery**

Milk, banana, strawberries, peanut butter.
MACROS | PROT: 12,5G | CARBS: 67G | FAT: 5G | KCAL: 362
- 04 **Energy Charge**

Pineapple, natural yogurt, orange juice, ginger, honey.
MACROS | PROT: 6,3G | CARBS: 64G | FAT: 1G | KCAL: 298
- 05 **Puro Verde**

Kiwi, green apple, pear, celery.
MACROS | PROT: 1G | CARBS: 33G | FAT: 0G KCAL: 131
- 06 **Keto**

Almond milk, avocado, cocoa, coconut oil, vanilla syrup.
MACROS | PROT: 4,8G | CARBS: 42G | FAT: 28G | KCAL: 430
- 07 **Vegan Blend**

Leche de almendras, avena, cacao, mantequilla de maní, canela.
MACROS | PROT: 10G | CARBS: 45G | FAT: 10G | KCAL: 312
- 08 **Super Berry Frozen**

Almond milk, oats, cocoa, peanut butter, cinnamon.
MACROS | PROT: 2,4G | CARBS: 21G | FAT: 4G | KCAL: 129

SUPPLEMENTS FOR SCOOP TO GO!

Creatine	600
Weight Gainer	3.300
Isolated or Whey Proteins ..	1.500
Pre-Workout	1.300
Amino acids	1.300
Vitamins	500
Fat Burner	500
Glutamine	400

IN SMOOTHIES!

Creatine	600
Pre-Workout	1.100
Amino acids	1.100
Vitamins	500
Fat Burner	500
Glutamine	400

Creatine	600
Pre-Workout	1.100
Amino acids	1.100
Vitamins	500
Fat Burner	500
Glutamine	400

BODY CARE	2.900 (20oz)
VEGETARIAN	GLUTEN FREE

Smoothies

Yummies

Extras

Our SMOOTHIES!

Premium ingredients and the finest fresh seasonal fruit! Enjoy them and try them with our supplements to unleash your full potential!

Yummies

Extras



04



02



06



01

YUMMIES

We use 100% natural and sugar-free fruit!
Ask about the House desserts (Price varies depending on the dessert)

01 Goodlife Protein Bowl 3.500

Natural yogurt, banana, GoodLife Protein Bar Granola, strawberries, honey.

MACROS | PROT: 14,2G | CARBS: 75G | FAT: 6G | KCAL: 425

02 Protein Churchill 4.000

Protein milkshake, strawberries, vanilla or strawberry ISO protein scoop, 0% sugar strawberry syrup.

MACROS | PROT: 37G | CARBS: 17G | FAT: 0G | KCAL: 235

03 Banana Split 3.900

Banana, GoodLife Protein Bar Granola, natural yogurt, GoodLife Protein Bar Condensed Cream topping, 0% sugar chocolate, decorated with red berries.

MACROS | PROT: 17,2G CARBS: 89G | FAT: 16G | KCAL: 571

04 Banana Power Pancake with Protein 3.900

Oatmeal, banana, almond milk, peanut butter, egg, protein scoop, vanilla syrup.

MACROS | PROT: 15G | CARBS: 55G | FAT: 6G | KCAL: 325

A escoger: 3 opciones de fruta y crema condensada o crema de cacao y avellana GoodLife Protein Bar.

05 Fit Power Brownie with Protein 2.000

Almond flour, banana, egg, almond milk, protein scoop, dark cocoa powder, chocolate chips, coconut oil, vanilla syrup.

MACROS | PORCIÓN 80G 2 UNID | PROT: 7G | CARBS: 23G | FAT: 11G | KCAL: 218

Decorative strawberry, choice of condensed cream or cocoa and hazelnut spread GoodLife Protein Bar.

06 Overnight Oats 3.500

Almond milk, oats, natural yogurt, chia.

MACROS | PROT: 8,6G | CARBS: 26G | FAT: 8G | KCAL: 207

To taste 2 options to choose from: Goodlife Protein Bar condensed cream, Goodlife Protein Bar peanut butter, honey, almonds, chocolate chips, GoodLife Protein Bar cocoa and hazelnut spread, dried cranberries.

EXTRA

CINNAMON 5G: 500

MACROS | PROT 0,2G | CARBS 4G | FAT 0G | KCAL 12

TURMERIC 5G: 500

MACROS | PROT 0,4G | CARBS 3G | FAT 0G | KCAL 18

CHIA 15G: 300

MACROS | PROT 2,4 G | CARBS 6,3G | FAT 4,5G | KCAL 72,9

ALMONDS 15G: 600

MACROS | PROT 3,1G | CARBS 3G | FAT 8G | KCAL 91

HONEY 20G: 500

MACROS | PROT 0G | CARBS 16G | FAT 0G | KCAL 61

DARK COCOA POWDER 5G: 400

MACROS | PROT 0,3G | CARBS 4G | FAT 0G | KCAL 20

OATS 30G: 300

MACROS | PROT 5,1G | CARBS 20G | FAT 2G | KCAL 117

ORIGINAL: CRUNCHY GRANOLA 30G: 500

MACROS | PROT 5G | CARBS 30G | FAT 4G | KCAL 196

QUINOA 30G: 1.000

MACROS | PROT 1,2G | CARBS 6G | FAT 0G | KCAL 36

BANANA 1UND 80G: 500

MACROS | PROT 0,8G | CARBS 18G | FAT 0G | KCAL 71

STRAWBERRIES 100G: 500

MACROS | PROT 0G | CARBS 7G | FAT 0G | KCAL 32

BLUEBERRIES 30G: 500

MACROS | PROT 0G | CARBS 4G | FAT 0G | KCAL 17

PINEAPPLE 100G: 300

MACROS | PROT 0G | CARBS 13G | FAT 0G | KCAL 50

AVOCADO 50G: 500

MACROS | PROT 1G | CARBS 4G | FAT 7G | KCAL 80

RIPE BANANA 50G: 500

MACROS | PROT 0G | CARBS 4G | FAT 0G | KCAL 16

MUSHROOMS 50G: 500

MACROS | PROT 1G | CARBS 3G | FAT 0G | KCAL 14

TOAST BREAD 60G: 600

MACROS | PROT 3,6G | CARBS 9G | FAT 1G | KCAL 95

CHICKPEAS 100G: 600

MACROS | PROT 7G | CARBS 22G | FAT 2G | KCAL 139

BAKED CHICKEN 50G: 900

MACROS | PROT 14,5G | CARBS 0G | FAT 3G | KCAL 98

GROUND BEEF 125G: 1.800

MACROS | PROT 31,3G | CARBS 0G | FAT 21G | KCAL 338

BAKED SALMON 125G: 3.000

MACROS | PROT 27,5G | CARBS 0G | FAT 15G | KCAL 258

EGG 1.UNIT 60G: 500

MACROS | PROT 7,2G | CARBS 1G | FAT 6G | KCAL 93

EGG WHITE 1.UNIT 35G: 500

MACROS | PROT 4G | CARBS 0G | FAT 0G | KCAL 18

TURKEY HAM 30G: 500

MACROS | PROT 5,1G | CARBS 1G | FAT 1G | KCAL 38

BACON 20G: 800

MACROS | PROT 2,8G | CARBS 0G | FAT 5G | KCAL 58

TURRIALBA CHEESE 50G: 700

MACROS | PROT 10G | CARBS 2G | FAT 12G | KCAL 155

FETA CHEESE 50G: 700

MACROS | PROT 7G | CARBS 2G | FAT 11G | KCAL 132

PALMITO CHEESE 50G: 1.000

MACROS | PROT 12G | CARBS 2G | FAT 7G | KCAL 121

TUNA IN WATER 100G: 1500

MACROS | PROT 23G | CARBS 0G | FAT 2G | KCAL 128

VEGETABLE MILK 100G: 600

MACROS | PROT 1G | CARBS 1G | FAT 2G | KCAL 17

SKIMMED MILK 100G: 400

MACROS | PROT 3,2G | CARBS 5G | FAT 0,2G | KCAL 36

LACTOSE-FREE MILK 100G: 400

MACROS | PROT 3,2G | CARBS 5G | FAT 2G | KCAL 47

PROTEIN MILK 100G: 600

MACROS | PROT 4,8G | CARBS 4G | FAT 0G | KCAL 39

OUR SPECIAL CREAMS

GOOD LIFE ORIGINAL PRODUCTION

ORIGINAL: GOODLIFE PROTEIN BAR CONDENSED CREAM 20G: 800

MACROS | PROT 2G | CARBS 5G | FAT 3G | KCAL 45

ORIGINAL: GOODLIFE PROTEIN BAR COCOA AND HAZELNUT CREAM 20G: 1.000

MACROS | PROT: 2G CARBS: 7G FAT: 4G KCAL: 55

ORIGINAL: GOODLIFE PROTEIN BAR PEANUT BUTTER 20G: 1.000

MACROS | PROT: 2,7G CARBS: 7G FAT: 4G KCAL: 79



DRINK

Cold Coffee Drinks

Ice latte coffee 2.000
Tea (to choose) 1.200
Ginger and mint lemonade 1.500

American coffee 1.500
Drip coffee 1.500
Coffee with milk 2.000
Mocaccino 2.200

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*Energy and performance
with no obligation!*

After more than 15 years of experience in the world of sports nutrition, **Good Life has created a line of high-quality supplements**, designed for those who want to push their limits. Proteins, amino acids, creatines, vitamins: **advanced formulas, selected ingredients** and an **innovative approach** for **supporting athletes and wellness enthusiasts in every challenge**.

**Don't settle,
push your limits.
Good Life is the fuel
of your greatness.**

Discover them in our single-brand stores. Your next level starts here. goodlifecr.com



GOODLIFE

**FUEL YOUR
JOURNEY.**



We are a functional food restaurant, designed to fit your lifestyle.



Perfect and with healthy options that help you live better.

*We believe in the world!
We believe in our origins!*

IN GOODLIFE PROTEIN BAR,

EACH INGREDIENT TELLS A STORY OF THE TERRITORY, PASSION AND SUSTAINABILITY.
WE ONLY CHOOSE KM 0 PRODUCTS, SUPPORTING LOCAL AGRICULTURE AND SMALL BUSINESSES,
AND CREATING ADDED VALUE FOR OUR COMMUNITY. WE ALWAYS CHOOSE PEOPLE. BECAUSE WE BELIEVE
THAT WELL-BEING BEGINS WITH WHAT WE EAT, BUT IT ONLY TRULY GROWS WHEN WE ALSO NOURISH
THE WORLD AROUND US.



THE NUTRITIONAL VALUES PROVIDED ON OUR MENU ARE APPROXIMATE AND MAY INCLUDE EVO OIL (EXTRA VIRGIN OLIVE OIL)
USED IN COOKING OR AS A SEASONING.

IMAGES ARE SHOWN FOR ILLUSTRATIVE PURPOSES

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GOOD LIFE PROTEIN BAR



Come find us!