FRESH MONKEE BRINGS A NEW KIND OF FAST-CASUAL MEAL TO AUSTIN: FRESH, HIGH-PROTEIN, LOW-SUGAR SHAKES MADE TO ORDER

Newly opened in downtown Austin: real ingredients, high protein, and low sugar shakes built for local fitness, running, and student communities.



Store front of Fresh Monkee Austin

AUSTIN, TX, UNITED STATES, September 21, 2026 / EINPresswire.com/ -- Austin has a new option for breakfast, lunch, post-workout recovery and everything in between.

Fresh Monkee Austin recently opened at 827 W 12th St, bringing a different approach to the traditional smoothie category: fresh, made-to-order protein shakes designed to be substantial enough to serve as a convenient meal while delivering high protein, low sugar and flavors people genuinely want to drink.

> We want Austin to come in and simply try it, Fresh Monkee is a concept that makes even more sense once you experience it. ""
>
> *Pablo Vidal, Owner of Fresh Monkee Austin*

Fresh Monkee isn't a traditional juice bar or a protein shake made simply from powder and water. Each shake is handcrafted to order using high-quality ingredients, including fruits and vegetables, natural nut butters, milk and non-dairy alternatives, seeds and protein.

The idea is simple: eating better shouldn't mean compromising on taste, convenience or satisfaction.

"We created Fresh Monkee because we saw a gap between

traditional smoothies, which can be loaded with sugar, and protein shakes that may deliver the macros but aren't something you actually look forward to drinking," said Judy Flynn, Founder & President of Fresh Monkee. "Fresh Monkee brings those worlds together — real ingredients, meaningful protein, low sugar and incredible flavor. Austin is an ideal community for what we're building."



Fresh Protein Shakes and Smoothies



Pablo Vidal with customers during Soft Open week

High Protein, Low Sugar — Without Sacrificing Taste

Fresh Monkee's menu ranges from fruit-forward and green shakes to peanut butter, chocolate, coffee and more indulgent-tasting creations.

Popular choices include the Chunkee Monkee, a combination of peanut butter and chocolate flavors packed with protein; Maui Colada, a refreshing tropical blend; Blueberry Pie, which delivers the flavors of the classic dessert in a protein shake; and Ultimate Green, loaded with fruits, vegetables, and seeds.

One of the best examples of the Fresh Monkee philosophy is its Iced Protein Coffee. A 32-ounce serving delivers 38 grams of protein with only 2 grams of sugar, and even the ice cubes are made with coffee, so the drink doesn't get watered down.

Fresh Monkee also offers vegan protein, vegan-friendly shakes and gluten-free options, providing choices for a wide range of dietary preferences.

Becoming Part of Austin's Active Community

Located next to the Shoal Creek Trail, the Austin store is positioning itself as more than simply a place to grab a shake.

“We want Fresh Monkee to become part of the Austin lifestyle,” said Pablo Vidal, Owner of Fresh Monkee Austin and Chief Marketing Officer of Fresh Monkee. “Whether you’ve just finished a run, you’re leaving the gym, heading to class, looking for a quick lunch or simply want something delicious, you shouldn’t have to choose between convenience, nutrition and taste. Our goal is to deliver all three.”

Fresh Monkee Austin is already developing partnerships with local running clubs, gyms, fitness centers, yoga and Pilates studios, recreational organizations, University of Texas student and athletic groups, and the Austin Community College community.

Several local running groups are also exploring runs that start or finish near Fresh Monkee, creating a natural gathering point where runners can socialize and refuel.

“We don’t just want to advertise to Austin’s fitness community, we want to participate in it,” Vidal added. “We want runners finishing their runs here, students meeting here, people stopping in after the gym and friends hanging out over a protein shake or protein coffee.”

Successful Soft Opening, Grand Opening Coming Soon

Fresh Monkee Austin recently completed a successful soft opening and is now welcoming customers while preparing for a larger Grand Opening celebration expected in approximately one month.

Customers can visit Fresh Monkee Austin at 827 W 12th St, order ahead for pickup through Fresh Monkee’s online ordering platform or the Fresh Monkee App, or have their order delivered directly through the App. Fresh Monkee Austin is also available through Uber Eats and DoorDash.

The Fresh Monkee Rewards program provides another reason to return. Customers earn points with purchases and can unlock discounts, Fresh Monkee merchandise and additional perks through reward milestones and loyalty tiers. Customers can join and manage their rewards through the Fresh Monkee App.

A Different Way to Think About Fast, Convenient Food

Fresh Monkee is built around the belief that convenient food doesn’t have to come from a drive-thru, a packaged protein drink or a sugar-heavy smoothie.

It can be fresh, high in protein, low in sugar, made with quality ingredients, and still taste amazing.

“We want Austin to come in and simply try it,” Vidal said. “Fresh Monkee is a concept that makes even more sense once you experience it. Try a Chunkee Monkee, Maui Colada, Blueberry Pie, Ultimate Green or our Iced Protein Coffee. We think people will be surprised by how something this protein-packed can taste this good.”

About Fresh Monkee

Fresh Monkee specializes in fresh, handcrafted protein shakes designed around quality ingredients, high protein and low sugar. Its menu includes fruit-forward, green, coffee, peanut butter and indulgent-inspired shakes, along with vegan protein and gluten-free options.

Fresh Monkee is expanding across the United States while building local communities around convenient, fresh and delicious protein shakes.

Media & Creator Invitation

Austin journalists, food writers, fitness professionals and content creators are invited to experience Fresh Monkee Austin firsthand.

Come in, bring a friend and try anything you want. No obligation to post or publish, we’d simply love for you to experience Fresh Monkee and tell us what you genuinely think.

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