



SMOOTHIE MENU

Small \$5.00 Medium \$6.50 Large \$8.00

CLASSICS

Banana Cream Pie

skim milk, banana, rc vanilla pudding, vanilla protein

Cafe Latte

skim milk, hazelnut instant coffee, chocolate syrup, chocolate protein

Fruit Punch

apple juice, strawberries, blueberries, banana, vanilla protein

Orange Crush

orange juice, strawberries, banana, vanilla protein

Shortcake (choose fruit)

apple juice, fruit, banana, vanilla protein
choose pineapple or strawberries

Tropical Delight

guava nectar, pineapple, banana, vanilla protein

SKINNY

Apple Pie a la Mode

skim milk, apple juice, cinnamon, vanilla protein

Cherry Bomb

cherry juice, blueberries, greek yogurt, vanilla protein

Green Tea Machine

almond milk, peanut butter, almond extract, cinnamon, green tea powder, vanilla protein

Mud Slide

almond milk, peanut butter, dark cocoa powder, chocolate protein

Skinny Berry

skim milk, choose fruit, flax seed, vanilla protein

Green Goodness

water, pineapple, banana, mango, ginger, greens/enzyme powder (non-protein)

SUPERFOOD

Berry Blast

Cranberry-apple juice, raspberries, blueberries, strawberries, vanilla protein

Carolina Blue

apple juice, blueberries, honey, vanilla protein

Green Protein Pump

almond milk, peanut butter, banana, green tea powder, chocolate protein

FruChia

water, mango, pineapple, mandarin oranges, chia seeds, vanilla protein



DELECTABLES

Almond Joyous

skim milk, chocolate syrup, coconut flakes, almond extract, chocolate protein

Banana Almond Spice

skim milk, banana, peanut butter, cinnamon, almond extract, vanilla protein

Brownie Sundae

skim milk, chocolate syrup, strawberries, banana, chocolate protein

Chunky Monkey

skim milk, peanut butter, banana, vanilla protein

Nutter Butter

skim milk, chocolate syrup, peanut butter, banana, honey, chocolate protein

PB Overload

skim milk, peanut butter, chocolate protein

Nutritional information available upon request.



Blenderz

SMOOTHIE MENU

VEGAN

S/M/L \$6.00/\$7.50/\$9.00

Peanut Butter Split

almond milk, peanut butter, bananas, cinnamon, chocolate vegan protein

Cocoa Loco

almond milk, peanut butter, dark cocoa powder, chocolate vegan protein

Vegan vanilla protein powder available upon request

NON-PROTEIN

S/M/L \$4.25/\$5.75/\$7.00

Berry Blizzard

skim milk, strawberries, blueberries, raspberries, rc vanilla pudding

Chocolate Lovers

skim milk, bananas, rc chocolate pudding

Sunrise Supreme

apple juice, strawberries, pineapple, mandarin oranges, bananas

Strawberry Detox Drink

water, strawberries, ginger powder, flaxseed, lemon juice, honey

CREATE YOUR OWN

S/M/L \$4.75/\$6.25/\$7.50

Step 1: Pick 1 Liquid

skim milk, almond milk, apple juice, orange juice, cranberry/apple juice, cherry juice, guava or mango nectar

Step 2: Pick 1 Fruit

strawberries, blueberries, bananas, triple berry mix, pineapple, mandarin oranges, mango chunks

Step 3: Pick a Whey Protein

vanilla or chocolate

KIDS

12oz. \$3.50 16oz. \$4.00

Cookie Monster

milk, chocolate cookies, chocolate syrup, rc vanilla pudding

Goldilocks & Three Berries

cranberry/apple juice, blueberries, strawberries, raspberries

Jungle Juice

orange juice, banana, rc vanilla pudding

Lil Red Riding Hood

strawberries, bananas, apple juice

Peter Pan

milk, peanut butter, banana, rc vanilla pudding

Shrek

green punch, lime jello, gelatin, fruit (pineapple or banana)

ADD-INS

Extra fruit or yogurt 2oz \$.50 4oz \$1
Creatine, Glutamine, or BCAA \$.25 ea
Chia seeds or green tea powder \$.50
Ground flax seeds or PB \$.25
Extra scoop protein powder \$1.50
Greens/Enzyme powder \$1.25



Nutritional information available upon request.