

# CRUSHED FRUIT SHAKES

20 OZ - \$6.75 + TAX

## STRAWBERRY CLASSIC

Strawberries and more Strawberries blended with Potassium-Rich Bananas

## MANGO TANGO

Tropical Mangoes, Juicy Pineapple & Strawberries blended with Bananas

## BERRIES A'MORE

Luscious Strawberries, Blueberries, Blackberries, Fiber-Rich Raspberries & Bananas

## PEACH PARADISE

Juicy Peaches, Apricots, Pears, Strawberries & Bananas

## PIÑA COLADA

Pineapple, Coconut & Bananas

## SMOOTH LIME

Tart Limes & Bananas

# KIDS SHAKES

12 OZ - \$3.50 + TAX

## COOKIE MONSTER

Choice of Base, Organic Sandwich Cookies, Yogurt & 10g of Vanilla Whey Protein

## JUNIOR CHOCOLATE FROSTY

Choice of Base, Organic Chocolate, 5g Chocolate Whey Protein & 5g Vanilla Whey Protein

## STRAWBERRY SHORTCAKE

Strawberries, Banana & 10g Vanilla Whey Protein

## THE HULK

Pineapple, Coconut, Spinach, Kale, Avocado, Lemon, Banana & 10g Vanilla Whey Protein

# BASE OPTIONS

- Whole Milk
- Skim Milk
- Almond Milk
- Half & Half
- Heavy Cream

# ADD-INS SHAPERS & BUILDERS

WHEY PROTEIN | \$1.50

20g Vanilla or Chocolate

PLANT PROTEIN | \$2.00

20g Vanilla or Chocolate

DAILY MASS BUILDER | \$1.50

40g Vanilla or Chocolate

# WHOLE FOODS

Root Your Goals - \$1.00

- Chia, Flax or Hemp Seeds
- Extra Fruit or Veggies
- Peanut or Almond Butter
- Oatmeal or Granola
- Organic Sandwich Cookies
- Flaxseed Oil
- PB Lite
- Espresso Beans

# CORE SUPPLEMENT STACKS

Customize Your Goals - \$1.00

- Get Energized
- Get Essentials
- Get Greens
- Get Recovered
- Get Regular
- Get Glutamine

## MOVE BETTER

Get Flexible & Flaxseed Oil

## SHRED BETTER

Get Lean & Creatine

# ASK ABOUT OUR SHAKE PUNCH CARDS

**\*ULTIMATE FITNESS MEMBERS  
RECEIVE A 10% DISCOUNT**

(575) 546-3345

720 E. FLORIDA ST.



*A Taste of the Good Life*

Mango Maddies has had the privilege of being a part of the Deming community since 2011. We offer a great variety of fresh, delicious and healthy shakes for recovery, meal replacement or a snack.



Mango Maddies

mangomaddies





## LITE INTENSITY

UNDER 290 CALORIES - 20oz - \$6.75+ TAX

### STRAWBERRY LEAN

Unsweetened Almond Milk, Strawberries, Pineapple, Orange & 20g Vanilla Whey Protein

### SKINNY MINNY

Choice of Base, PB Lite, Banana & 20g Vanilla Whey Protein

### SLENDERBERRY

Unsweetened Almond Milk, Pineapple, Raspberries, Banana, Beets, Orange & 20g Vanilla Whey Protein

### SKINNY DELIGHT

Unsweetened Almond Milk, Banana, PB Lite & 30g Vanilla Whey Protein

### CHOCOLATE BROWNIE

Unsweetened Almond Milk, Cacao, Vanilla, Chia Seeds & 30g Vanilla Whey Protein

### TROICAL SHREDDER

Unsweetened Almond Milk, Pineapple, Mangoes, Coconut, Banana & 20g Vanilla Whey Protein

### BODY SHREDDER

Choice of Base, Banana, 5g Creatine & Get Regular & 30g Vanilla or Chocolate Whey Protein

### THE CAFFEINATOR

Unsweetened Almond Milk, Espresso Beans, Organic Coffee, Organic Chocolate & 30g Vanilla Whey Protein

### PEANUT BUSTER

Unsweetened Almond Milk, Cacao, PB Lite, Vanilla, Hemp Seeds & 30g Vanilla Whey Protein

### LO-CARB

Unsweetened Almond Milk, Spinach, Kale, Vanilla & 20g Vanilla Whey Protein

### LO-CARB PLUS

Unsweetened Almond Milk, Blueberries, Strawberries, Spinach, Kale, Vanilla & 20g Vanilla Whey Protein

### RAW ENERGY LITE

Unsweetened Almond Milk, Sweet Potato, Kale, Raisins & 30g Vanilla Whey Protein

### HAWAIIAN HARVEST

Pineapple, Coconut, Banana & 20g Vanilla Whey Protein

### RED VELVET CUPCAKE

Unsweetened Almond Milk, Yogurt, Organic Chocolate, Beets, Vanilla & 20g Chocolate Whey Protein

### TENDER GREENS

Choice of Base, Kale, Spinach, Banana, Flaxseed Oil, Vanilla Bean, Honey & 20g Vanilla Whey Protein

### BERRY, BERRY GOOD

Strawberries, Blueberries, Blackberries, Raspberries, Banana & 20g Vanilla Whey Protein

### MANGO BERRY BURST

Mangoes, Pineapple, Strawberries, more Mangoes, Banana & 20g Vanilla Whey Protein

### VANILLABEAN

Choice of Base, Banana, Yogurt, Vanilla Bean, Get Regular, Flaxseed Oil & 30g Vanilla Whey Protein

### CHOCOLATE THINNY MINT

Choice of Base, Organic Chocolate, Mint, Get Lean & 30g Chocolate Whey Protein

### MOCHA MELT

Organic Coffee, Organic Chocolate, Get Lean & 20g Vanilla Whey Protein

### RAW ENERGY

Unsweetened Almond Milk, Sweet Potato, Kale, Banana, Raisins, Flaxseed Oil, Agave Nectar & 20g Vanilla Plant Protein

### BLACK & TAN CHAI

Choice of Base, Organic Chai Spices, 20g Vanilla Whey Protein & 20g Chocolate Whey Protein

### CRACKER JAX

Choice of Base, Sea Salt, Organic Caramel, PB Lite, Oatmeal & 20g Vanilla Whey Protein

## MEDIUM INTENSITY

UNDER 380 CALORIES - 20oz - \$6.75 + TAX

### MORNING SUNRISE

Oranges, Tangerines, Strawberries, Flaxseed Oil, Get Essentials & 20g Vanilla Whey Protein

### STRAWBERRY SLAM

Strawberries, Banana & 20g Vanilla Whey Protein

### I LOVE VEGGIES

Pineapple, Coconut, Spinach, Kale, Avocado, Lemon, Banana & 20g Vanilla Whey Protein

### JAVA JOLT

Choice of Base, Coffee, Organic Chocolate & 20g Vanilla Whey Protein

### CHOCOLATE FROSTY

Choice of Base, Organic Chocolate & 20g Chocolate or Vanilla Whey Protein

## HIGH INTENSITY

UNDER 540 CALORIES - 20oz - \$6.75 + TAX

### A GREAT START

Choice of Base, Blueberries, Apple Cinnamon Granola, Honey, Strawberries, Banana, Get Regular & 20g Vanilla Whey Protein

### TRAIL MIX

Choice of Base, Apple Cinnamon Granola, Almond Butter, Raisins, Banana & 30g Vanilla Whey Protein

### APPLE SPICED OATS

Choice of Base, Apples, Cinnamon, Apple Cinnamon Granola, Raisins & 20g Vanilla Whey Protein

### PEANUT BUTTER CUP

Choice of Base, Organic Chocolate, Peanut Butter, 20g Chocolate Whey Protein & 20g Vanilla Whey Protein

### ORGANIC COOKIE CRUNCH

Choice of Base, Organic Sandwich Cookies, Yogurt, Vanilla & 30g Vanilla Whey Protein

### BANANA NUT BLAST

Choice of Base, Peanut Butter, Banana & 40g Vanilla Whey Protein

### MO'MASS

Choice of Base, Oatmeal, Peanut Butter, Banana & 40g Vanilla or Chocolate Daily Mass Builder

# SALADS

## STRAWBERRY EGG SALAD \$7.79

Grilled Chicken, Strawberries, Hard Boiled Egg, Mozzarella & Romaine Lettuce

## KETO SALAD \$7.29

Romaine Lettuce, Grilled Chicken, Cucumbers, Bacon, Mozzarella, Avocado & Choice of Dressing

## KETO BERRY SALAD \$7.29

Romaine Lettuce, Grilled Chicken, Strawberries, Cucumbers, Bacon, Mozzarella, Avocado & Choice of Dressing

## CLUB SALAD \$7.74

Grilled Chicken, Turkey, Bacon, Cheddar Cheese, Avocado, Mozzarella & Romaine Lettuce

## CHICKEN 'N GRAPE SALAD \$7.29

Romaine Lettuce, Chicken, Grapes, Celery & Walnuts

## CHICKEN CAESAR SALAD \$7.29

Romaine Lettuce, Chicken, Parmesan

## GREEK SALAD \$6.99

Romaine Lettuce, Cucumbers, Tomatoes, Olives & Feta Cheese

## MADDIE'S HOUSE SALAD \$6.99

Romaine Lettuce, Cucumbers, Tomatoes, Craisins & Purple Onions

## CHICKEN BACON RANCH SALAD \$7.29

Romaine Lettuce, Cucumbers, Tomatoes, Craisins & Purple Onions

SALAD DRESSING OPTIONS: RANCH, HONEY MUSTARD, ITALIAN, CAESAR, BALSAMIC VINAIGRETTE

## DRINKS

16oz, 20oz OR 24oz

INFUSED WATER, SWEET/UNSWEET TEA

SPECIALTY DRINKS VARY DAILY:

TROPICAL GREEN TEA LEMONADE, HIBISCUS PASSION FRUIT TEA, JALAPEÑO CUCUMBER LEMONADE, BLACK BERRY MINT LEMONADE, MATCHA MANGO GREEN TEA

7.5oz OR 12oz CANS

COKE, SPRITE, DR. PEPPER

12oz OR 20oz BOTTLES

GATORADE, BOTTLED WATER, TUMMY YUMMY JUICE

## WE CATER!

We offer our full catering services, (for a minimum of 10 people) which include:

1/2 wrap/sandwich, chips, salad and drinks.  
Perfect for a party, meeting or group gathering!

(575)546-3345

720 E. Florida St.

# Croutons

soup • salad • sandwiches

CURBSIDE PICK-UP OR CARRY-OUT

Monday - Friday • 7:00 AM to 2:00 PM



Mango Maddies

mangomaddies



# BREAKFAST

## BACON SANDWICH \$5.19

Choice of Bread, 2 Eggs, Bacon & Cheese

## HAM SANDWICH \$5.19

Choice of Bread, 2 Eggs, Ham & Cheese

## BACON/HAM & EGG WRAP \$4.99

Spinach Tortilla, 2 Eggs, Bacon/Ham & Cheese

## CHIA SEED PARFAIT 12oz. \$5.49

Greek Yogurt, Chia Seeds, Almond Milk, Vanilla Extract, Strawberries & Granola

## STRAWBERRY PARFAIT 7oz. \$2.99

Vanilla Yogurt & Strawberries

# SNACKS

## PROTEIN BITES \$2.10

Vanilla: Vanilla Protein, Peanut Butter, Honey, Chocolate Chips, Flaxseed Oil & Rolled Oats

Chocolate: Chocolate Protein, Peanut Butter, Honey, Coconut Flakes, Flaxseed Oil & Rolled Oats

## SNACK PACK \$5.24

Cheese, Crackers, Grapes & Cutie Oranges

## FRUIT CUP \$5.24

Watermelon, Honeydew & Cantaloupe

## WATERMELON FRIES \$3.50

Watermelon Slices with Coconut Greek Yogurt Dipping Sauce



## WRAPS

**TUNA WRAP** \$6.99  
Spinach Tortilla, Albacore Tuna, Purple Onions, Celery, Mayonnaise, Lettuce & Tomato

**TURKEY TOMATO SWISS WRAP** \$6.99  
Choice of Tortilla, Turkey, Swiss Cheese, Tomato & Lettuce

**TURKEY BLAT WRAP** \$7.99  
Spinach Tortilla, Mozzarella, Bacon, Turkey, Lettuce, Tomato & Avocado

**CLUB WRAP** \$6.99  
Spinach Tortilla, Turkey, Ham, Bacon, Mozzarella, Cheddar, Lettuce & Tomato

**GRILLED CHICKEN CLUB WRAP** \$6.99  
Choice of Tortilla, Chicken Breast, Bacon, Mozzarella & Cheddar Cheese, Lettuce & Tomato

**CHICKEN CAESAR WRAP** \$6.99  
Garlic & Herb Tortilla, Chicken, Lettuce, Parmesan Cheese & Caesar Dressing

**CHICKEN BACON RANCH WRAP** \$6.99  
Garlic & Herb Tortilla, Chicken, Bacon & Ranch Dressing

**CHICKEN BACON SWISS WRAP** \$6.99  
Garlic & Herb Tortilla, Chicken, Bacon & Swiss cheese

**CHICKEN'N GRAPE WRAP** \$6.29  
Spinach Tortilla, Lettuce & Chicken'n Grape Mix

**CHICKEN CHIPOTLE WRAP** \$6.99  
Spinach Tortilla, Chicken, Parmesan, Chipotle Dressing

**BUFFALO CHICKEN WRAP** \$6.79  
Spinach Tortilla, Grilled Chicken, Lettuce & Buffalo Sauce

**TOMATO MOZZERALLA CUCUMBER WRAP** \$5.89  
Spinach Tortilla, Cucumber, Tomato & Mozzarella Cheese

**BLT WRAP** \$6.79  
Spinach Tortilla, Bacon, Lettuce & Tomato  
Add Ham for \$0.50

**CHICKEN QUESADILLA** \$4.99  
Choice of Tortilla, Chicken, Cheddar & Mozzarella Cheese

## PANINI'S

**TURKEY BACON AVOCADO PANINI** \$7.49  
Turkey, Bacon, Mozzarella, Lettuce, Tomato & Avocado

**CHICKEN PANINI** \$7.29  
Grilled Chicken Breast, Bacon, Swiss Cheese, Lettuce & Tomato

**SPICY ITALIAN PANINI** \$7.49  
Turkey, Pepperoni, Bacon, Mozzarella, Lettuce & Tomato

**TOMATO MOZZARELLA CUCUMBER PANINI** \$6.49  
Tomato, Cucumber & Mozzarella

## SANDWICHES

**CHICKEN BACON SWISS SANDWICH** \$7.49  
Multi-grain Bread, Chicken Breast, Swiss Cheese & Bacon

**CHICKEN CHIPOTLE SANDWICH** \$7.49  
Multi-grain Bread, Chicken, Parmesan & Chipotle Dressing

**GRILLED CHICKEN CLUB SANDWICH** \$7.49  
Choice of Bread, Chicken Breast, Bacon, Mozzarella & Cheddar Cheese, Lettuce & Tomato

**CHICKEN BACON RANCH SANDWICH** \$7.49  
Multi-grain Bread, Chicken, Bacon & Ranch Dressing

**CHICKEN'N GRAPE SANDWICH** \$6.39  
Multi-grain Bread, Lettuce & Chicken'n Grape Mix

**TURKEY BLAT SANDWICH** \$8.29  
Whole Wheat Bread, Turkey, Bacon, Mozzarella, Lettuce, Tomato & Avocado

**TURKEY TOMATO SWISS SANDWICH** \$7.49  
Choice of Bread, Turkey, Swiss Cheese, Tomato & Lettuce

**TUNA SANDWICH** \$7.49  
Choice of Bread, Albacore Tuna, Purple Onions, Celery, Mayonnaise & Lettuce

**CLUB SANDWICH** \$7.49  
Whole Wheat Bread, Turkey, Ham, Bacon, Lettuce, Tomato, Mozzarella & Cheddar

**BLT SANDWICH** \$6.49  
Choice of Bread, Bacon, Lettuce & Tomato  
Add Ham for \$0.50

**GRILLED CHEESE** \$4.99  
Multi-grain Bread, Cheddar & Mozzarella

**HAM & CHEESE** \$6.99  
Whole Wheat Bread, Ham, Cheddar & Mozzarella

**BACON AVOCADO GRILLED CHEESE** \$5.29  
Multi-grain Bread, Cheddar & Mozzarella, Bacon & Avocado

## OPTIONS

**BREAD:** WHOLE WHEAT, MULTI-GRAIN, PANINI, PRETZEL, CROISSANT

**TORTILLA:** REGULAR, SPINACH, GARLIC & HERB

**LOW-CARB OPTIONS AVAILABLE**  
STUFFED AVOCADO, CHICKEN PIZZA MELT, LETTUCE WRAPS, CUCUMBER CHIPS

**DAILY SPECIALS AVAILABLE**