

Real Fruit Classics - \$5.50

Classics are simply fruit, real fruit and nothing but the fruit. No added sugars or colors. Add a scoop of whey or veggie protein for \$1.50

- **Strawberry Classic**
- **Strawberry Banana Classic**
- **Four Berry Classic**
- **Mango Classic**
- **Pineapple Classic**
- **Peach Pear Apricot Classic**

Lean and Clean - \$6.50

All smoothies are 290 calories or less.

- **Strawberry Lean** - Almond milk, strawberries, pineapple, orange, vanilla whey.
- **Berry Trim** - Mixed berries, banana, Get Lean and vanilla whey.
- **Tropical Shredder** - Almond milk, pineapple, mango, coconut, banana and vanilla whey.
- **Slenderberry** - Almond milk, pineapple, raspberry, banana, orange, beets and vanilla whey.
- **PB Cup Lite** - Chocolate, PB Lite, chocolate whey and vanilla whey.

Fantastic Fruits - \$6.50

- **Blueberry Blitz** - Blueberry, banana and vanilla creme.
- **Breakfast Berry** - Four berry blend, real banana, daily essentials and whey protein.
- **Berry Berry Good** - Strawberries, blueberries, blackberries, raspberries and bananas with vanilla whey.
- **Hawaiian Harvest** - Pineapple, coconut, banana with vanilla whey.
- **Mango Berry Burst** - Mango, strawberry, banana with vanilla whey.
- **Mango Tango** - Mango, banana and strawberry
- **Peaches N' Cream** - Peach, pear, apricot, strawberry and banana with vanilla whey.

Green Smoothies - \$6.50

- **I Love Veggies** - Pineapple, coconut, spinach, Kale, avocado, lemon, banana with vanilla whey.
- **Tender Greens** - Kale, spinach, banana, honey, flax oil and vanilla whey.
- **Peachy Greens** - Super Greens, peaches, pears, apricots, kale, lemon and vanilla whey.
- **Big Bold & Green** - Pineapple, kale, spinach, lemon and banana.

Chocolate Lovers - \$6.50

- **Chocolate Frosty** - Chocolate truffle, chocolate whey and vanilla whey.
- **Chocolate Thinny Mint** - Chocolate, Oreo cookie, mint, Get Lean and chocolate whey.
- **Mocha Java** - A blend of Colombian coffees and Ghirardelli chocolate.
- **Oreo Cookie Crunch** - Oreo Cookie, vanilla yogurt, and vanilla whey.
- **Peanut Butter Cup** - Chocolate truffle and peanut butter.

Low Glycemic Smoothies - \$7.50

These smoothies are higher in protein, lower in sugar and designed for anyone trying to control blood sugar or insulin levels for health or weight loss.

- **Low Glycemic Strawberry Dream** - Fresh frozen strawberries, 40 grams of whey protein, flax seeds and flax oil.
- **Low Glycemic Very Berry** - Mixed frozen berries, 40 grams of vanilla whey, flax seeds and flax oil.
- **Low Glycemic Peanut Butter Cup** - All natural peanut butter, cocoa, and 40 grams of chocolate whey.
- **Low Glycemic Mocha** - Cocoa and coffee blended with 40 grams of chocolate whey protein.
- **Low Glycemic Latte** - Cold Brew coffee and vanilla whey protein.
- **Low Glycemic Chocolate Covered Strawberry** - Real strawberries, cocoa and chocolate whey.

Paleo Smoothies - \$6.50

These smoothies are designed to fit into a paleo nutrition lifestyle in which only ancestral whole foods are consumed.

- **Paleo Almond Joy** - Cocoa, natural almond butter, natural coconut, egg white protein, and honey.
- **Paleo Blondie** - Natural vanilla, natural coconut, natural almond butter, egg white protein and honey.
- **Paleo Very Berry** - Mixed frozen berries, egg protein, honey, flax seeds and flax oil.
- **Paleo Greena Colada** - Almond milk pineapple, coconut, spinach, kale avocado and lemon.

Power Packed - \$7.50

- **Banana Nut Blast** - Banana, peanut butter, and double vanilla whey.
- **Body Builder** - 40 Grams of vanilla whey, creatine, ultimate recovery blend, vanilla creme and fresh banana.
- **Cardio Extreme** - 2 scoops mass builder, banana, honey and glutamine.
- **Chunky Monkey** - Peanut butter, chocolate, banana and chocolate whey.
- **Mo' Mass** - Peanut butter, banana, oats, 2 scoops mass builder and creatine.
- **Magilla Gorilla \$8.50** - Peanut butter, chocolate, banana, creatine, glutamine and whey.
- **Orange Creamsicle** - Just like you remember them, but ours features 40 grams of protein plus 5 grams of creatine & glutamine.
- **Peanut Butter Protein Cup** - Peanut butter, chocolate and chocolate whey.
- **White Chocolate Peanut Butter Protein Cup** - Peanut butter, vanilla creme and vanilla whey.

Coffeehouse Blends - \$6.50

Great as frozen smoothies or hot beverages.

- **Chocolate Truffle** - Think frozen hot chocolate!
- **Green Tea Latte** - Almond milk, matcha green tea, chai and vanilla whey.
- **Green Tea Mint Latte** - Matcha green tea, vanilla whey, non fat vanilla yogurt, with mint extract.
- **Java Jolt** - Cold brew, chocolate, espresso beans plus 20 grams vanilla whey. **\$7.50**
- **Mocha Java** - A blend of Colombian coffees and Ghirardelli chocolate.
- **Truly Latte** - Dark rich Colombian coffee with vanilla creme.
- **Vanilla Chai Tea** - The perfect blend of spices, vanilla creme and black teas.

Hot Coffee & Tea

- **Decaf Coffee \$1.50**
- **Black Tea \$1.50**
- **Green Tea \$1.50**
- **Cold Brew \$3.00**
- **Bullet Coffee** - MCT oil and GF butter - **\$5.00**
- **Super Bullet** - MCT oil, GF butter, whey - **\$6.50**