



Extras –
0.50 – Extra Fruit
1.00 – Echinacea, Peanut Butter
1.50 – Protein, Creatine, etc.
2.00 – Green Vibrance



Smoothie Menu

Antioxidant Corner

7.00

Strawberry Swirl

A sensational blend of **apple juice, strawberries, banana, & frozen yogurt**

Berry Delightful

A tangy blend of **blueberries, raspberries, frozen yogurt, & your choice of juice**

Ginger Snap

Make your taste buds smile with the tingly chiller. Made with **apple juice, ginger, frozen yogurt, & banana**

Cherry Cheer

Tart and scrumptious! **Apple juice, banana, frozen yogurt, & cherries**

Pomegranate Power Punch

A bursting, nutrient packed combination of **pomegranate juice, strawberries, banana, & frozen yogurt**

Awesome Açaí

7.99

Ultimate energy and health! Made with frozen **açaí** from Brazil, **blueberries, banana, frozen yogurt, & your choice of juice**

Fiber Medleys

7.00

Going Nutty

A super nutritional treat made with **your choice of milk, banana, peanut butter, honey, & frozen yogurt**

PB & J Punch

The amazing, classic taste sensation of peanut butter and jelly. **Pomegranate juice, peanut butter, strawberries, & frozen yogurt.** Yum!

Chia Bonanza

It's a party in your mouth with this blast of Omega-3's. Made with **pomegranate juice, banana, raspberries, frozen yogurt, & a scoop of chia seeds**

Tropical Blends

7.00

Piña Colada

A delicious blend of the tropics made with **coconut water, pineapple, banana, & frozen yogurt**

Mango Mischief

A mighty blend of **mango juice, strawberries, & banana** with frozen yogurt

Citrus Sunset

An outrageous, intoxicating blend of **orange juice, strawberries, pineapple, & frozen yogurt**

Chocolate Concoctions

7.00

Chocolate Nirvana

A little bit of chocolate paradise – made with **chocolate almond milk, banana, chocolate chips, & frozen yogurt**

Jumpin' Java

Energize yourself with our delicious coffee smoothie, made with **organic coffee, a splash of milk, banana, & frozen yogurt**

Choco-Strawberry Succulence

A sweet symphony of **chocolate almond milk, strawberries, & frozen yogurt**

Chocolate Mint Blizzard

A refreshingly cool, tasty treat made with **chocolate almond or skim milk, banana, frozen yogurt, & mint**. It will make you tingle and shiver with flavor.

Special Blends

Lean Green Machine

8.25

A cornucopia of concentrated greens provide the ultimate in energy. Made with **apple juice or soy milk, banana, frozen yogurt, & a scoop of powdered greens**. Blueberries optional.

Bodybuilder

7.50

Create your own protein smoothie. Choose either **milk or juice, one fruit**, and round it out with **your choice of protein!**

Carrot Creamsicle

Small – 4.99, Large – 5.99

A heavenly blend of **fresh carrot and apple juice, fresh ginger, & vanilla frozen yogurt**. Available in 12 or 16 oz.



Fall Seasonal Smoothies



7.00

Pumpkin Patch

Our seasonal favorite! A wonderful blend of **apple juice, pumpkin puree, frozen yogurt, banana, & a dash of cinnamon spice**.

Orchard Harvest

Reap the benefits of a bounty of revitalizing fruits. Made with **apple juice, blueberries, peaches, & frozen yogurt**.

Chai Chiller

An exotic blend of **chai spices, frozen yogurt, granola, banana, honey, & your choice of milk**.