

Build Your Own **7.25**



1

Base

Skim milk
Chocolate milk
Almond milk
Oat Milk
Juice
Orange, cranberry or
pineapple
Water

2

Fruit

Strawberry
Blueberry
Raspberry
Mango
Pineapple
Banana
Peach

3

Protein

Whey protein (isolate)
Chocolate or vanilla
Vegan protein
Vanilla



Add-Ons

Extra protein 3
Extra fruit 2
Frozen yogurt 2.5
Cocoa Nibs 1.5

Peanut butter 1
Almond butter 1.5
Chia seeds 1
Spinach 1

Creatine 1
Glutamine 1
Dates 2

THE
SMOOTHIE
BAR

Crafted
classics

Savory Power up your
taste buds **9.25**



PB power • 669 Cal

Frozen yogurt, ice, vanilla protein powder,
peanut butter, almond milk, almond butter

Fully activated • 819 Cal

Frozen yogurt, ice, chocolate whey protein powder,
banana, cocoa nibs, peanut butter, almond milk

Recover & grow • 721 Cal

Frozen yogurt, skim milk, ice, chocolate protein powder,
banana, cocoa nibs, cinnamon



Peachy vitality • 561 Cal

Frozen yogurt, water, ice, vanilla protein powder,
peaches, pineapple, lemon juice

Morning warrior • 652 Cal

Frozen yogurt, ice, vanilla protein powder, espresso, cocoa nibs

Tropical re-charge • 617 Cal

Almond milk, ice, banana, pineapple, coconut milk,
cocoa nibs, chia seeds, dates

Antioxidants Free radical
fighters **8.75**

The #1 contender • 542 Cal

Frozen yogurt, water, ice, vanilla protein powder,
blueberries, raspberries

The champ • 390 Cal

Almond milk, ice, banana, blueberries, raspberries,
strawberries, almond butter, chia seeds

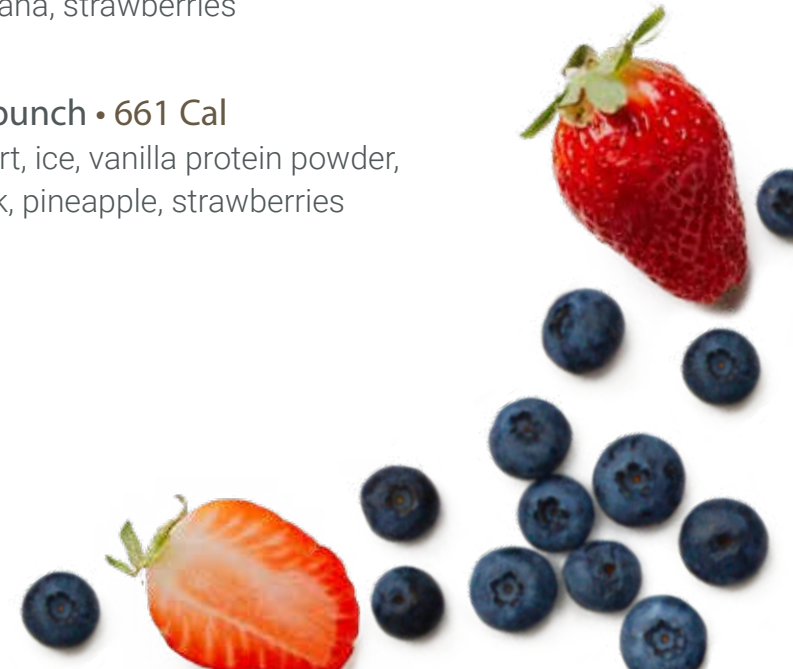


The classic blend • 579 Cal

Frozen yogurt, skim milk, ice, vanilla protein
powder, banana, strawberries

Immunity punch • 661 Cal

Frozen yogurt, ice, vanilla protein powder,
coconut milk, pineapple, strawberries



THE
SMOOTHIE
BAR

Grab &
GO

Lorem ipsum

Wraps & Bowls

Turkey Bacon Breakfast Wrap • 7.99

Veggie Breakfast Wrap • 7.99

Chicken Ceaser Wrap • 7.99

Tofu Bahn Mi Flatbread Wrap • 7.99

BBQ Pineapple Bowl • 9.99

Greek Salad Bowl • 9.99

Tex Mex Cauliflower Bowl • 9.99

Harvest Quinoa Bowl • 9.99

ADD CHICKEN (\$3) BEEF (\$4) TOFU (\$2.50)

Fresh Juices 7

BOOST - Apple, Ginger, Lemon

REFRESH - Strawberry, Watermelon, Pineapple, Mint

DETOX - Kale, Cucumber, Apple, Spinach, Celery,
Ginger, Lemon

Snacks

Mango Coconut Chia Pudding • 5.99

Berry Overnight Oats • 5.99

Peaches & Cream Overnight Oats • 5.99

Pronuts • 3.50

Powerballs

Peanut Butter Chocolate Chip • 2.99

Cranberry Almond • 2.99

