

Build Your Own **7.25**



Step 1

Base

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

Step 2

Fruit

Strawberry
Blueberry
Raspberry
Mango
Pineapple
Banana
Peach

Step 3

Protein

Whey protein (isolate)
Chocolate or vanilla
Vegan protein
Vanilla
Frozen Yogurt



Add-Ons

Extra protein 3.5
Extra fruit 2.5
Frozen yogurt 3
Cocoa Nibs 1.8

Peanut butter 1.5
Almond butter 2
Chia seeds 1
Spinach 1.5

Creatine 1
Glutamine 1
Dates 2.5

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

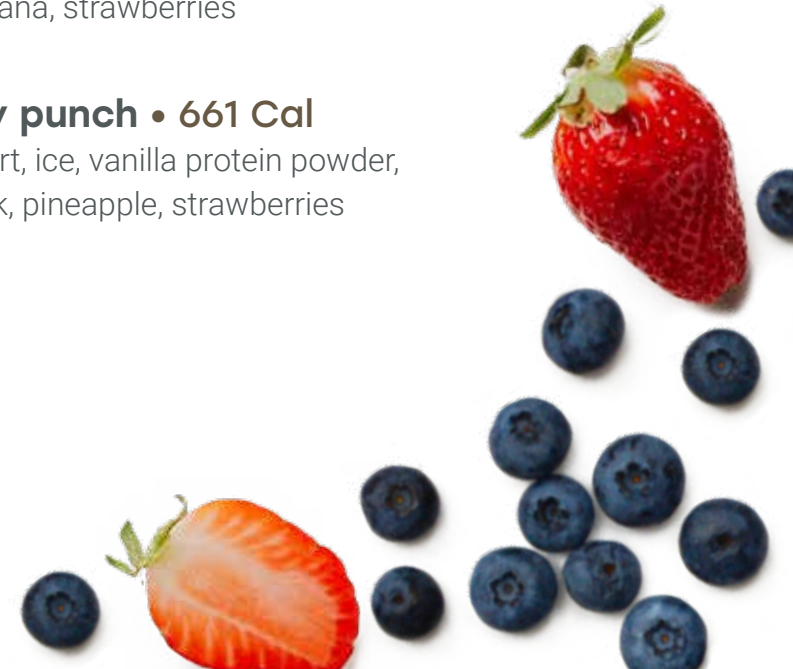


The classic blend • 579 Cal

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

Wraps & Bowls

Turkey Bacon Breakfast Wrap • \$9.99

Veggie Breakfast Wrap • \$9.99

Southwest Chicken Wrap • \$9.99

Pesto Caprese Wrap • \$9.99

Mediterranean Veggie Wrap • \$10.99

Pizza Flatbread Wrap • \$6.99

Al Pastor Cauliflower Rice Bowl • \$14.99

Brisket Bowl • \$17.99

Buddha Bowl • \$11.99

Chicken Buddha Bowl • \$13.99

Breakfast Bowl • \$14.99

Chicken Fingers • \$8.99

Fresh Juices 8.99

BOOST - Apple, Ginger, Lemon

REFRESH - Strawberry, Watermelon, Pineapple, Mint

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

Snacks

Mango Coconut Chia Pudding • \$6.50

Pronuts • \$3.75

Peanut Butter Chocolate Chip Powerball • \$3.99

Vegan Peanut Butter Almond Chocolate Cookie • \$3.95

Brownies (Protein)

Chocolate Chip • \$5

Walnut • \$5

