

ALL-FRUIT BLENDS

regular \$5.69 large \$6.69

		Calories	
		regular	large
🍷	FIT-N-FRUITY strawberries, bananas, raspberries	280	420
🍷	TROPICAL ISLAND mangoes, pineapple, bananas, coconut water	160	240
🍷	BERRY BOOST strawberries, blueberries, raspberries	230	350

Add protein to any drink for \$1.09

Get a natural boost with fresh spinach or carrots for \$0.89



2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.

ORIGINAL BLENDS

regular \$5.69 large \$6.69

		Calories	
		regular	large
🍷	SIMPLY STRAWBERRY strawberries, bananas, orange sherbet	290	450
🍷	PEACH PASSION peaches, bananas, orange sherbet, vanilla frozen yogurt	330	450
🍷	BEACH BREEZE bananas, mangoes, pineapple, pineapple sherbet, vanilla frozen yogurt	330	520
🍷	BERRY BLAST strawberries, raspberries, pineapple, lime sherbet	300	460
🍷	THE ESSENTIAL BLEND bananas, blueberries, spinach, raspberry sherbet, frozen yogurt	340	490



POWER BLENDS

regular \$6.29 large \$7.59

Calories

regular

large

POWER LIFT

730

1020

bananas, peanut butter, peanuts, chocolate protein, non fat vanilla frozen yogurt, milk

VITAL ASCENT

400

610

pineapple, bananas, blueberries, milk, vanilla nonfat yogurt, vanilla protein

5.10 BLEND

340

560

mangoes, strawberries, bananas, carrots, milk, vanilla protein, vanilla frozen yogurt

BOWLS

\$6.69

BERRY ACAI

acai, soymilk, bananas, strawberries, blueberries, coconut, granola and honey

CHOCOLATE PB BANANA

peanut butter, cocoa powder, banana & almond milk, topped with blueberries, banana, granola, semi-sweet chocolate

PINEAPPLE COCONUT

Pineapple, banana & coconut milk, topped with pineapple, blueberries, mango, pumpkin seeds, coconut

Calories

490

440

620

