ALL-FRUIT BLENDS

regular $5.69 large $6.69

<table>
<thead>
<tr>
<th>Blend</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIT-N-FRUITY</td>
<td>280</td>
</tr>
<tr>
<td>strawberries, bananas, raspberries</td>
<td></td>
</tr>
<tr>
<td>TROPICAL ISLAND</td>
<td>160</td>
</tr>
<tr>
<td>mangoes, pineapple, bananas, coconut water</td>
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</tr>
<tr>
<td>BERRY BOOST</td>
<td>230</td>
</tr>
<tr>
<td>strawberries, blueberries, raspberries</td>
<td></td>
</tr>
</tbody>
</table>

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

SIMPLY STRAWBERRY
strawberries, bananas, orange sherbet
Calories
regular 290  large 450

PEACH PASSION
peaches, bananas, orange sherbet, vanilla frozen yogurt
Calories
regular 330  large 450

BEACH BREEZE
bananas, mangoes, pineapple, pineapple sherbet, vanilla frozen yogurt
Calories
regular 330  large 520

BERRY BLAST
strawberries, raspberries, pineapple, lime sherbet
Calories
regular 300  large 460

THE ESSENTIAL BLEND
bananas, blueberries, spinach, raspberry sherbet, frozen yogurt
Calories
regular 340  large 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

Calories

Berry Acai  490
acai, soymilk, bananas, strawberries, blueberries, coconut, granola and honey

Chocolate PB Banana  440
peanut butter, cocoa powder, banana & almond milk, topped with blueberries, banana, granola, semi-sweet chocolate

Pineapple Coconut  620
Pineapple, banana & coconut milk, topped with pineapple, blueberries, mango, pumpkin seeds, coconut