



Voted Best Smoothie Bar | by South Shore Magazine

At Plymouth Fitness, we take great pride in our Smoothie Bar. We start with a base of quality brand protein powder and add whole unsweetened fruit and, or a variety of juices or milk products. The choice is yours, special orders are always welcome.

Smoothie Lovers Package...
10 Smoothies for \$75
20 Smoothies for \$139

Smoothies are a great way to add high quality protein into your diet as a meal replacement or for pre-workout energy or post-workout recovery. We also provide a "Nut-Free" blender for our customers with food allergies. Before ordering, please inform your server if a person in your party has a food allergy.

ANTIOXIDANT AVALANCHE

\$8.00

Bursting with flavor! Designer Whey Protein (any flavor)
Blueberries | Emergen-C | Cranberry Pomegranate Juice
*Optional Flaxseed Oil
280 Calories, 46g Carbs, 18g Protein, 2.7g Fat, 2.1g Fiber

FUNKY MONKEY

\$6.75

Our #1 Seller! Banana Protein | Banana | Peanut Butter
Your Choice of Milk | Finished with a swirl of Hershey's Chocolate
548 Calories, 58g Carbs, 41g Protein, 19g Fat, 3.8g Fiber

MEGA-BERRY DELITE

\$7.75

Berry delicious! Strawberry Protein | Strawberries
Blueberries | Raspberries | Light Cranberry Juice
290 Calories, 45g Carbs, 20g Protein, 3.5g Fat, 3g Fiber

BLUE BANUTTER

\$7.75

Banana Protein | Banana | Blueberries
Peanut Butter | Your Choice of Milk
588 Calories, 67g Carbs, 41g Protein, 19g Fat, 3.8g Fiber

PB & J

\$7.75

Tastes just like the sandwich!
Vanilla Protein | Peanut Butter | Strawberries | Grape Juice
580 Calories, 74g Carbs, 33g Protein, 19g Fat, 4.4g Fiber

PINA COLADA

\$6.00

For that "Island" feeling!
Vanilla Protein | Pineapple | Light Orange Juice
202 Calories, 25g Carbs, 24g Protein, 1.8g Fat, 0.94g Fiber

CHOCOLATE MILKSHAKE

\$6.00

Full of "Old School" flavor!
Chocolate Protein | Your choice of Milk Finished with a chocolate drizzle
286 Calories, 27g Carbs, 30g Protein, 6.4g Fat, 0g Fiber

BANANA STRAWBERRY

\$6.75

So tasty! Strawberry Protein | Strawberries | Banana | Your choice of Milk
399 Calories, 54g Carbs, 32g Protein, 7g Fat, 4.3g Fiber

COOKIES & CRÈME

\$6.50

A staff favorite! Cookies & Cream Protein
Oreo Cookie | Your choice of Milk | Finished with a swirl of Hershey's
Chocolate & Fat Free whipped Cream
388 Calories, 34g Carbs, 31g Protein, 8.7g Fat, 0.35g Fiber

KEY LIME PIE

\$7.25

Tastes like Summer!
Vanilla Protein | Limeade | Graham Cracker Crumbs, Topped off
with Fat Free Whipped Cream
310 Calories, 42g Carbs, 23g Protein, 5.6g Fat, 5g Fiber



MOM'S APPLE PIE

\$8.50

With love from Mom...and not just for those
in our R3 Wellness Program.
Almond Milk | Apple | Banana
Pumpkin Pie Spice | Cinnamon | Vanilla Protein (optional)

SUNSHINE REFRESH

\$8.50

A ray of sunshine for those in our R3 Wellness Program,
and anyone else!
Mango | Pineapple | Banana | Strawberries
Almond Milk | Strawberry Protein (optional)

LISA'S LIQUID RESET

\$8.50

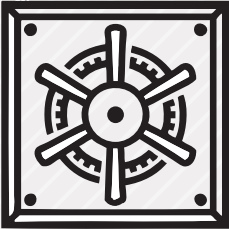
Coach Lisa's recipe to help you feel your best!
For R3 Wellness Program participants and others.
Mangos | Banana | Pineapple | Blueberries | Turmeric | Spinach | Coconut Water

SMOOTHIE EXPRESS

Want your Smoothie ready when you are?

Simply complete the PF SMOOTHIE EXPRESS slip and bring to the Smoothie Bar and we'll have it ready for you when your workout is complete! Or call ahead at 508-746-7448 ext 110. On a club phone just dial 110.

FROM THE VAULT



ORANGE CREAMSICLE

Remember the Ice Cream Truck?

Vanilla Protein | Light Orange Juice

286 Calories, 27g Carbs, 30g Protein, 6.4g Fat, 0g Fiber

\$6.00

PEANUT BUTTER CUP

A blend of two great flavors!

Chocolate Peanut Butter Protein | Peanut Butter | Your choice of Milk.

Finished with a swirl of Hershey's Chocolate

474 Calories, 40g Carbs, 40g Protein, 19g Fat, 1.9g Fiber

\$7.75

THE INCREDIBLE HULK

"Beware the Hulk!" Vanilla Protein

Spinach | Pineapple | Mango | Pineapple Juice

*Optional Flaxseed Oil

362 Calories, 64g Carbs, 26g Protein, 2.4g Fat, 2.1g Fiber

\$7.25

BANANA CREAM PIE

Just like Grandma makes! Banana Protein | Banana

Your Choice of Milk | Graham Cracker Crumbs

Fat Free Whipped Cream

361 Calories, 45g Carbs, 31g Protein, 6.8g Fat, 1.9g Fibe

\$7.25

ALL FRUIT SLUSHY

Banana | Strawberries | Blueberries | Your Choice of Juice

279 Calories, 70g Carbs, 2.3g Protein, 2g fat, 1g fiber

\$6.00

BANANA SPLIT

Your Choice of Vanilla, Chocolate or Strawberry Protein

Banana | Strawberries | Pineapple Juice | Finished with a swirl of

Hershey's Chocolate Syrup & Fat Free Whipped Cream

310 Calories, 55g Carbs, 20g Protein, 2.9g Fat, 3.2g Fiber

\$7.00

NOTE: All nutritional information calculations do not include optional ingredients such as syrup, flax oil, graham cracker crumbs or whipped cream. Addition of these ingredients any substitutions or alteration of ingredients, will change the calculations. When a choice of ingredients is listed, the first ingredient listed is chosen for the calculation.



CREATE YOUR OWN SMOOTHIE!

Start with your Choice of Protein Powder

Pick your Juice

Apple | Grape | Pineapple | Cran-Pomegranate

Lite Cranberry | Lite OJ

Or Milk

Skim | Whole | Soy | Coconut | Almond | Oat

Select your Fruits & Veggies

Strawberries | Blueberries | Banana | Peach | Raspberries | Apple

Cranberries | Mango | Pineapple | Spinach | Kale

Add any other ingredient

Peanut Butter (Natural) | Emergen-C | Organic Flaxseed Oil | Almond Butter

Creatine | Glutamine | Unsweetened Cocoa Powder | Yogurt

Chia Seeds | Raw Honey

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