



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.**

Smoothie Lovers Package...
10 SMOOTHIES FOR \$95
20 SMOOTHIES FOR \$180

ANTIOXIDENT AVALANCHE

Bursting with flavor!

Your choice of Protein

Blueberries | Emergen-C | Cranberry Pomegranate Juice

**Optional Flaxseed Oil*

280 Calories, 46g Carbs, 18g Protein, 2.7g Fat, 2.1g Fiber

\$10.00

FUNKY MONKEY

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

\$9.25

MEGA-BERRY DELITE

Berry delicious!

Strawberry Protein | Strawberries

Blueberries | Raspberries | Light Cranberry Juice

290 Calories, 45g Carbs, 20g Protein, 3.5g Fat, 3g Fiber

\$10.00

BLUE BANUTTER

Banana Protein | Banana | Blueberries

Peanut Butter | Your Choice of Milk

588 Calories, 67g Carbs, 41g Protein, 19g Fat, 3.8g Fiber

\$10.00

PB & J

Tastes just like the sandwich!

Vanilla Protein | Peanut Butter | Strawberries | Grape Juice

580 Calories, 74g Carbs, 33g Protein, 19g Fat, 4.4g Fiber

\$10.00

PINA COLADA

For that "Island" feeling!

Vanilla Protein | Pineapple | Light Orange Juice

202 Calories, 25g Carbs, 24g Protein, 1.8g Fat, 0.94g Fiber

\$9.00

BANANA STRAWBERRY

So tasty!

Strawberry Protein | Strawberries | Banana | Your choice of Milk

399 Calories, 54g Carbs, 32g Protein, 7g Fat, 4.3g Fiber

\$9.00

COOKIES & CRÈME

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

\$9.00

KEY LIME PIE

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

\$9.50

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

\$9.50

\$10.50

NEW PRODUCTS!



POLAR JOE

THE POLAR JOE

\$10.00

Protein-based cold brew that will power your morning meeting, afternoon workout or evening run.

Polar Joe Protein | Your choice of Milk

Banana | Peanut Butter or Almond Butter



Blueshift

UPGRADE YOUR SMOOTHIE WITH BLUESHIFT SUPERBLENDS | \$2.00 EA

Electrolytes - 1g of sugar and only 10 calories, powered by Himalayan salt with an added antioxidant boost from organic raspberry, lemon and lime

Essential Aminos - 5g of highly absorbable vegan friendly EAAs mirroring the ratio in whey protein (minus the calories)

Immune Ultra - Unparalleled blend of 18 powerhouse immune-boosting ingredients, including clinically-proven Wellmune® and EpiCor®

Pre + Probiotic Ultra - 50 billion CFUs of 10 highly bioavailable strains of probiotics amplified by 3.5g of prebiotics from organic fruit and fiber

Pre-Workout - low caffeine (only 55mg), jitter-free formula with nitric oxide boosting S7® and organic beet root

Recover Post-Workout - ultra clean blend of muscle-replenishing L-glutamine (30mb) and clinically-proven adaptogen KSM-66 Ashwagandha, plus inflammation-fighting turmeric, organic tart cherry, and Boswellia

Skin Defense Plus - 23 ingredients for healthy skin, hair and nails, including VERISOL® B Collagen Peptides, hyaluronic acid, and antioxidants