

ORANGE CREAMSICLE

Remember the Ice Cream Truck?

Vanilla Protein | Light Orange Juice

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

\$8.50

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

\$9.00

CHOCOLATE MILKSHAKE

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

\$8.50

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

\$9.50

ALL FRUIT SLUSHY

Banana | Strawberries | Blueberries | Your Choice of Juice

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

\$8.50

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

\$9.50



CREATE YOUR OWN SMOOTHIE!



Start with your Choice of Protein Powder

Pick your Juice

Apple | Grape | Pineapple | Cran-Pomegranate

Lite Cranberry | Lite OJ | Limeaide

Or Milk

Skim | Whole | Soy | Coconut | Almond | Oat

Select your Fruits & Veggies

Strawberries | Blueberries | Banana | Peach | Raspberries

Apple | Cranberries | Mango | Pineapple | Spinach

Add any other ingredient

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

Almond Butter | Creatine | Glutamine

Unsweetened Cocoa Powder | Yogurt | Chia Seeds | Raw Honey

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.

WELLNESS+ PROGRAM

SUNSHINE REFRESH

\$10.50

A ray of sunshine for those in our Wellness+ Program, and anyone else!

Mango | Pineapple | Banana | Strawberries

Almond Milk | Strawberry Protein (optional)

LISA'S LIQUID RESET

\$10.50

Coach Lisa's recipe to help you feel your best!

For Wellness+ Program participants and others.

Mangos | Banana | Pineapple | Blueberries | Turmeric | Spinach

Coconut Water

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.

FITNESS

plymouth