

# Yogurt Smoothies

all smoothies and juices are  
(Gluten Free)

\$4.50

## DEEP BLUE

Banana, Blueberry, Orange Juice

## PEANUT PUNCH

Peanut Butter, Banana

## WELLNESS WARRIOR

Banana, Blueberries, Honey,  
Whole Grain Oats, Coconut Water,  
Chia Seeds

## BERRY BANG

Strawberries, Raspberries,  
Blueberries, Tropical Juice

## STRAWBERRY TWIST

Strawberries, Banana, Honey

## MUCHO MATCHA

Matcha Powder, Mango, Honey,  
Chia Seeds, Coconut Water

## MORNING BREAK

Banana, Whole Grain Oats, Honey

## TROPICAL TYPHOON

Banana, Mango, Pineapple,  
Coconut Water

## PINEAPPLE BURST

Pineapple, Apples, Coconut Water

## PEANUT BUTTER AND JELLY

Blueberries, Peanut Butter

Made With

VANILLA YOGURT  
and a choice of  
LOW FAT, ALMOND  
or SOY MILK

## ENERGY LIFT

Mango, Green Grapes, Banana,  
Tropical Juice

## PINEAPPLE PARADISE

Pineapple Juice, Mango,  
Peaches, Strawberries, Honey

## AÇAÍ BERRY

Açaí Berry, Coconut Water,  
Mango, Honey

# Power Ups

\$1

+ BCAA Powder + Unflavored Whey Protein  
+ Chocolate Whey Protein

# Build Your Own Smoothie

(Gluten Free)

\$4

## Add Ins

75¢

+ Peanut Butter + Fruit  
+ Chia Seeds + Honey  
+ Whole Grain Oats

## FRUIT + PROTEIN

Choice of one fruit + one protein

## DOUBLE FRUIT

Choice of two fruits

## FRUIT SELECTIONS

Banana	Pineapple
Blueberries	Peaches
Green Grapes	Mango
Strawberries	Raspberries

Made With

VANILLA YOGURT  
and a choice of  
LOW FAT, ALMOND  
or SOY MILK

# Grab and Go

FIT MEALS (subject to change)	\$9
WHOLE FRESH FRUIT	\$1
FRUIT CUP	\$3.75
VEGGIE STICKS	\$3.75

# Boost Juice

(Gluten Free)

\$4.75

## FRESHLY SQUEEZED JUICE

Orange + Carrot	Orange
Cucumber	Carrot
Cucumber + Apple	Apple
Pineapple	