

# Yogurt Smoothies

\$4.50

Made with vanilla yogurt and a choice of low fat, almond or soy milk

## DEEP BLUE

Banana, Blueberry, Orange Juice, Vanilla Yogurt

## PEANUT PUNCH

Peanut Butter, Banana, Vanilla Yogurt

## WELLNESS WARRIOR

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

## BERRY BANG

Strawberries, Raspberries, Blueberries, Tropical Juice, Vanilla Yogurt

## STRAWBERRY TWIST

Strawberries, Banana, Honey, Vanilla Yogurt

## MUCHO MATCHA

Matcha Powder, Mango, Chia Seeds, Coconut Water, Vanilla Yogurt

## MORNING BREAK

Banana, Whole Grain Oats, Honey, Vanilla Yogurt

## TROPICAL TYPHOON

Banana, Mango, Pineapple, Coconut Water, Vanilla Yogurt

## PINEAPPLE BURST

Pineapple, Apples, Coconut Water, Vanilla Yogurt

## PEANUT BUTTER AND JELLY

Blueberries, Peanut Butter, Vanilla Yogurt

## Power Ups

\$1

+ Whey Protein  
+ Chocolate Whey Protein  
+ BCAA Powder

## ENERGY LIFT

Mango, Green Grapes, Banana, Tropical Juice, Vanilla Yogurt

## PINEAPPLE PARADISE

Pineapple Juice, Mango, Peaches, Strawberries, Honey, Vanilla Yogurt

## AÇAÍ BERRY

Açaí Berry, Coconut Water, Mango, Vanilla Yogurt

# Build Your Own Smoothie

\$4

Made with vanilla yogurt and a choice of low fat, almond or soy milk

## 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

## Add Ins

75¢

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

## Grab and Go

Grilled Chicken Fit Meal	\$9
Glazed Shrimp Fit Meal	\$9
Grilled Veggies Fit Meal	\$9
Grilled Salmon Fit Meal	\$9
Country Club Wrap	\$5.75

Fruit Cup	\$3.75
Veggie Sticks	\$3.75
Caesar Salad Shaker	\$2.75
Whole Fresh Fruit	\$1

## Boost Juice

## FRESHLY SQUEEZED JUICE

Orange + Carrot	Orange
Cucumber	Grapefruit
Cucumber + Apple	Carrot
Pineapple	Apple
Apple + Green Grape	Grape