



RECOVERY SMOOTHIES	
Strawberry Surge Fresh Strawberries and Bananas creates a creamy delight.	172 Cal 4.50
Blueberry Bombshell This combo of Blueberries and Bananas explodes with flavor.	194 Cal 4.50
The Funky Monkey A Banana smoothie that will have you swinging from trees.	196 Cal 4.50
Mocha Java Creamy Java flavored smoothie that will satisfy your coffee desire.	110 Cal 4.50
The Hawaiian A dynamic blend of Pineapple, Coconut and a hint of Banana.	161 Cal 4.50
The Peach Cobbler This Peach and Vanilla combo will remind you of grandma's Kitchen.	187 Cal 4.50

PRE-WORKOUT SMOOTHIES	
Ginseng Fling A combo of Banana and the fruit of your choice blended into 20oz of energy.	170 Cal 4.50
The Mango Madness A combination of Mango, Banana and a shot of 'Energizer'.	178 Cal 4.50

ADD-INS	
Protein - Whey or Soy 20g pure Natural Protein, Vanilla, Chocolate or Wildberry. Essential Amino Acids to rebuild a better body.	1.00
Creatine or L-Glutamine Increase your Stamina, Strength and Size or conserve your Muscle with 5g of these naturally occurring Amino Acids.	1.00
Energizer Give your bod a dose of nature's natural zing. Eleuthero, Ginkgo, Bee Pollen, Gotu Kola, Cola Nut and White Willow Bark.	1.00
The Ultimate Recovery The perfect Recovery nutes to maximize your workout. Antioxidants - A, C and E with 750mg of L-Glutamine.	1.00
Burn Fat Burn Watch the fat MELT away. 108 mcg Chromium Picolinate, 50 mg Garcinia, 50 mg L-Carnitine and 250 mg Inulin.	1.00
The Daily Essentials Keep your body running on all cylinders with the Micros the RDA recommends. 5g Multi-vitamin and Minerals.	1.00
Healthy Heart Keep your Heart ticking with 6g Rice Bran, Pumpkin Seed, Flax Seed, Psyllium Husk, Lecithin and 4g of Soy Protein.	1.00
Immune Support JAMMED with the good guys your body needs to fight the bad guys, 100mg Vitamin C, 500mg Echinacea and 50mg Goldenseal.	1.00
Brainiac Improve Clarity and Focus. We combine Niacin, Choline, Inositol, Lecithin, Bilberry, Ginkgo Biloba and Glutamine.	1.00

PERFORMANCE SMOOTHIES	
Berry Lean Pineapple, Strawberries and Blueberries blended together with 'Burn Fat Burn'.	145 Cal 5.25
Body Builder Chocolate and Banana with 4.4g Creatine and 40g Vanilla Whey Protein.	420 Cal 5.75
Skinny Minny A Peanut Butter smoothie with Whey Protein and 'Burn Fat Burn'.	280 Cal 5.75
Mo' Mass Peanut butter, Chocolate and Banana, blended with 30g Whey Protein and L-Glutamine.	440 Cal 5.75
Lean Machine Build lean muscle and stay trim. Banana blended with 20g Vanilla Whey Protein and L-Glutamine.	280 Cal 5.75
Cardio Queen Blueberries, Strawberries and Banana smoothie fused with Whey Protein and 'Energizer'.	230 Cal 5.75
PB & J Nutty peanut butter blended with Strawberries, Blueberries, Whey Protein and 'Immune Support'.	280 Cal 5.75
Mocha Melt Rich Ghirardelli Chocolate blended with Colombian Coffee, 20g Vanilla Whey Protein and our 'Daily Essentials'.	260 Cal 5.75
The Oreo It is what it is.	418 Cal 5.25

KIDDIE SMOOTHIES	
Gummy For Your Tummy Any Fruit Smoothie with 3 little Gummy Bears waiting at the bottom of the cup.	3.25
Strawberry Shortcake A Strawberry Banana Smoothie topped with Whipped Cream.	3.25
Cookie Monster Chocolate Chip Cookie Crumb with scary flavor.	3.25
Tootie Fruity Crushed Strawberries, Pineapple, Banana and Coconut whipped to perfection with Vanilla Whey Protein.	3.25

CREATE-A-SMOOTHIE		
FRUITS:	Strawberries, Blueberries, Bananas.	1.00
ADDS:	PB, Oatmeal, Coconut, Flax Seed Oil.	1.00
FLAVORS:	Mocha Java, Latte, Vanilla or Chocolate.	2.00

BEVERAGES	
Coke • Diet Coke • Sprite	
Powerade • Ice Tea • Lemonade	