

Classic Smoothies

16 oz. cup **\$8.50**

24 oz. cup **\$9.50**

The Original– California orange juice, strawberries, banana & non-fat frozen yogurt.

Very Berry– Apple juice, strawberries, blueberries, non-fat frozen yogurt.

Southern Passion– California orange juice, strawberries, banana, peaches, pineapple & non-fat frozen yogurt

Coconut Haze– Apple juice, strawberries, banana, non-fat frozen yogurt & shredded coconut.

Peanut Butter Yum– Milk, banana, vanilla non-fat frozen yogurt, peanut butter & chocolate syrup.

Organic

Fresh Juices

16 oz. cup **\$8.00**

24 oz. cup **\$9.00**

Choose from Carrot, Apple, Beet, Orange or Spinach.

Take a Shot

Choose from Ginger or Wheatgrass

Single (1 oz. shot) **\$3.50**

Double (2 oz. shot) **\$5.50**

Fit Friendly Smoothies

16 oz. cup **\$8.50**

The Ugly Duckling– Coconut water, spinach, blueberries, strawberries, banana, carrot & apple.

Peach Dynamite– Coconut water, peaches & pineapple.

Good Vibrations– California orange juice, peaches, banana & carrot.

Purple Haze– Almond milk, organic low-fat yogurt, blueberries, strawberries & almond butter.

Almond Butter Yum– Almond milk, banana, almond butter, ice & cocoa powder.

Fit Friendly smoothies are built to be under 400 calories; modifications will cost more money & more calories.

Give it a Boost

Choose from Organic Vegan Protein Powder, Green Powder, or Bee Pollen.

\$1.00 Each