

Yogurt Smoothies

all smoothies and juices are
(Gluten Free)

\$7.00

DEEP BLUE

Bananas, Blueberries, Orange Juice, Coconut Water

PEANUT PUNCH

Peanut Butter, Bananas

WELLNESS WARRIOR

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

BERRY BANG

Strawberries, Blueberries, Tropical Juice

STRAWBERRY TWIST

Strawberries, Bananas, Honey, Coconut Water

MUCHO MATCHA

Matcha Powder, Mangoes, Chia Seeds, Coconut Water

MORNING BREAK

Bananas, Whole Grain Oats, Honey

TROPICAL TYPHOON

Bananas, Mangoes, Pineapples, Coconut Water, Pineapple Juice

PEANUT BUTTER AND JELLY

Strawberries, Peanut Butter

PINEAPPLE PARADISE

Pineapple Juice, Mangoes, Peaches, Strawberries, Honey

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

Power Ups \$2

+ BCAA Powder

+ Unflavored Whey Protein

+ Chocolate Whey Protein

+ Vanilla Whey Protein

+ Vegan Protein

Build Your Own Smoothie

no add-ons or substitutions (all smoothies and juices are *Gluten Free*)

\$6

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

Add Ins **\$1**
 + 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
 Bananas Peaches
 Strawberries Mangoes
 Pineapples

Proteins POWDERS + BARS

Wafer	\$4.25	Whey 2 lb Tub	\$44.00
Clif Bar	\$2.75	Vegan Protein	\$40.00
LL Cookie	\$3.75		

Coffee of the Day **\$2**

Bottled Water **\$1**

Whole Fresh Fruit **\$1**