

Smoothies

Power Smoothies

\$9.00 16 oz.

Good Belly Mango, banana, fresh apple, Greek yogurt, fresh ginger, fresh mint, Nourishing Cultures Kombucha, chia seeds.

Head Strong Blueberries, cold brew coffee, oat milk, bananas, almond butter, walnuts, dates, cacao nibs.

Green Guardian Mango, orange juice, banana, spinach, Greek yogurt, fresh ginger, honey, matcha green tea, elderberry powder, echinacea.

Premium Smoothies

\$7.50 16 oz.

Includes One Add-In Or Supplement

Peanut Butter Banana Fudge Bananas, peanut butter, soy milk, Greek yogurt, cocoa mix.

Mango Madness Mango, banana, orange juice, Greek yogurt.

Strawberry Shortcake Whole milk, strawberries, bananas, granola, Greek yogurt, honey, cinnamon, whipped cream.

Dreamin' Green Banana, pineapple, mango, spinach, orange juice.

Build-Your-Own Smoothie

\$6.00 16 oz.

Basic Ingredients - Choose Up To Four

Fruit

- Banana
- Blueberries
- Mango
- Pineapple
- Strawberries

Greens & Herbs

- Spinach
- Kale
- Mint
- Parsley
- Ginger Root
- Turmeric Root

Juices

- Orange
- Fresh Lemon
- Fresh Lime

Milks

- Dairy
- Soy
- Oat
- Almond

Premium Ingredients - Substitute Or Add

- Almond Butter
- Peanut Butter
- Walnuts
- Dates

- Cold Brew Coffee
- Matcha Powder
- Kombucha
- Coconut Milk

\$1.50 each

- Fresh Juice
- Greek Yogurt
- Granola
- Fresh Beet

- Fresh Carrot
- Fresh Cucumber
- Fresh Apple

Extra Basic Ingredient \$1.00

Extra Supplement or Add-In 75¢

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