

the MIX smoothie bar

BREAKFAST

🍏 Flatbread Egg White & Turkey Sausage	Cal 150	\$3.25
🍏 Egg White & Turkey Sausage English Muffin	Cal 260	\$3.25
Ham, Egg & Cheese Croissant		\$3.25
Mini Turkey Sausage Pancake Bites	(6) \$2.00 (10) \$3.00	
Assorted Muffins		\$1.95
Assorted Bagel w/ Cream Cheese		\$2.50
Oatmeal		\$1.95

GRAB & GO FOOD

Chopped Chicken Cobb		\$6.95
🍏 Cranberry Chicken Salad	Cal 425	\$7.25
🍏 Feta Turkey Salad	Cal 269	\$7.25
Assorted Candy Bars		\$1.25
Protein Bars		\$2.50
Potato Chips		\$1.50
Cinnamon Rolls		\$3.25
Cheese Stick • Fresh Fruit		\$1.00
Nutri-Grain • Granola Chewy • Trail Mix		\$2.00

SANDWICHES & WRAPS

ADD CHIPS & A SODA		\$2.25
Smoked Turkey Classic		\$5.95
Savory Ham		\$5.95
Classic Club		\$6.95
PB&J		\$2.00
Monterey Roast Beef		\$6.95
Chicken Bacon Ranch		\$6.95
Cuban Chicken		\$6.95
Chicken Chipotle		\$6.50
🍏 Swiss Tuna Wrap	Cal 499	\$6.50
🍏 Italian Roast Beef	Cal 488	\$7.95
🍏 Light Turkey Green Chile	Cal 486	\$6.95
🍏 Lighter Ham and Cheese	Cal 508	\$6.95
🍏 Lighter Turkey and Cheese	Cal 483	\$6.95
🍏 Swiss and Tuna	Cal 498	\$5.95

DRINKS

Water	Sm \$1.00 • Lg \$2.00
Can Soda	\$1.50
Capri Sun	\$0.75
Bang • Monster	\$4.00
Gatorade • Snapple	\$2.00
Hot Tea	\$2.75
Hot Cocoa • Hot Coffee	\$1.25
Powerade • Chocolate Milk • Vitamin Water	\$2.50
Propel • Orange Juice • Apple Juice	\$1.50
Domestics	\$2.75
Imports	\$3.75
Muscle Milk	\$4.75

SHAKES

16 oz • \$6.00 20 oz • \$6.50 32 oz • \$7.50

Peaches & Cream • Peanut Butter Banana • Strawberries & Cream
Mint Chocolate Chip • Caramel Cookie Frappuccino • Goji Berry
Peanut Butter & Jelly • Matcha • Tropical

SMOOTHIES

16 oz • \$6.00 20 oz • \$6.50 32 oz • \$7.50

Matcha Green • Goji Berry • Tropical • Create Your Own (One Fruit & One Flavor)

VITAMINS/ADD-ONS

Pre-Workout	\$2.00
Glutamine Powder • Creatine	\$1.00
Alfalfa • Ginkgo Biloba • Vitamin C • Echinacea • Ginseng	
Papaya Enzyme • Wheat Germ • Ginger Root • Vitamin B12	\$0.75
Raisin • Oatmeal • Chi Seeds • Flax Seed • Peanut Butter	\$0.75
Chromium • Carnitine	\$0.75

MASS GAINER OPTIONS

Chocolate Peanut Butter Cup • Gourmet Chocolate • Vanilla Ice Cream

PROTEIN FLAVOR OPTIONS

Gourmet Chocolate • Vanilla Ice Cream • Mint Chip Ice Cream
Caramel Cookie Crunch • Chocolate Peanut Butter • Cookies and Crème

FRUITS

Banana • Strawberry • Mango • Peach • Blueberry • Pineapple • Raspberry
Antioxidant Blend: Strawberries, Blueberries, Blackberries & Raspberries
Triple Berry: Blueberries, Strawberries & Raspberries

FLAVORS

Banana • Strawberry • Peach • Mango • Raspberry • Pina Colada • Soy Milk
Cranberry Juice • Apple Juice • Orange Juice • Chocolate or Vanilla Yogurt