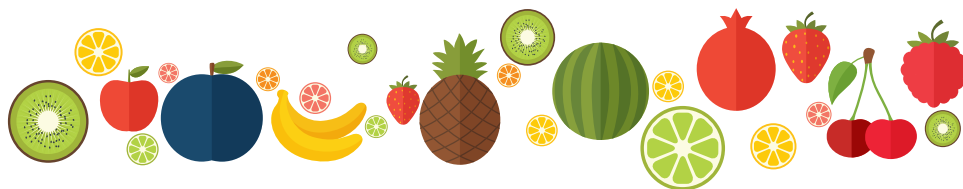




# SMOOTHIE MENU



# SMOOTHIES

Choose a flavor and a fruit.

**Small: \$3.75 Medium: \$4.75 Large: \$5.25**

# POWER SHAKES

Choose a flavor, a fruit and protein flavor.

**Small: \$6.00 Medium: \$6.50 Large: \$7.50**

# MUSCLE BUILDER

Choose a flavor, a fruit and Gain Fast.

**Small: \$5.50 Medium: \$6.00 Large: \$7.00**

# FAT BURNER

Choose a flavor, a fruit and protein flavor, carnitine & chromium

**Small: \$5.50 Medium: \$6.00 Large: \$7.00**

# PURE PROTEIN

Choose a water base with fruit & a protein or a flavored yogurt base with a protein

*\*Denotes vanilla and chocolate yogurt may or may not be available at the time of purchase*

**Medium: \$6.00 Large: \$7.00**



**Small: 16oz**

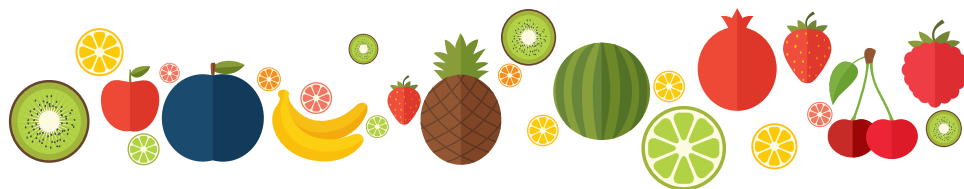


**Medium: 20oz**



**Large: 32oz**





# FRUITS AND FLAVORS

## FRUITS

**Banana Strawberry Mango Peach**  
**Blueberry Pineapple Raspberry**

**Triple Berry:** Blueberries, Blackberries and Raspberries.

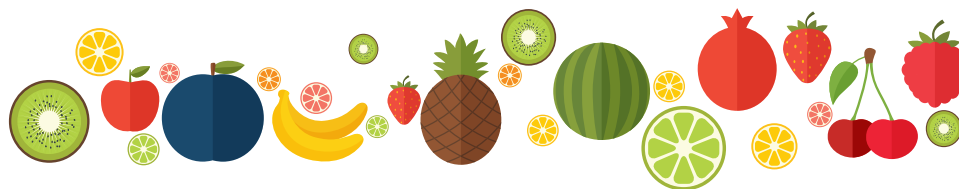
**Antioxidant Blend:** Strawberries, Blueberries, Blackberries, Raspberries and Pomegranate.

## FLAVORS

*\*Denotes vanilla and chocolate yogurt may or may not be available at the time of purchase*

**Banana Strawberry Peach**  
**Mango Raspberry Piña Colada**  
**Cranberry Juice Apple Juice**  
**Orange Juice Soy Milk**





# CUSTOMIZE YOUR SHAKE OR SMOOTHIE

*\*Denotes vanilla and chocolate yogurt may or may not be available at the time of purchase*

## THOUSANDS OF POSSIBILITIES

Come up with your own creation using our expansive selection of flavors, fruits and supplements!

**Peanut Butter Protein Cup:** \*Banana, Vanilla or Chocolate Protein, and a Tablespoon of Peanut Butter.



**Small: \$6.00**



**Medium: \$6.50**



**Large: \$7.50**

## OATMEAL SHAKES

**Original Oatmeal Shake:** Banana, Raisins, Peanut Butter and Yogurt.

**Peaches & Cream Oatmeal Shake:** Banana, Peaches and Yogurt.

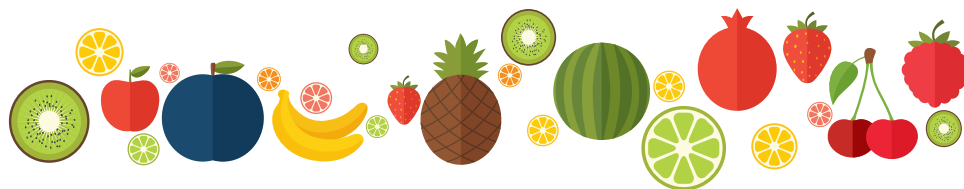


**Medium: \$6.50**



**Large: \$7.50**





# PROTEINS AND MASS GAINER

## PROTEIN FLAVORS

**Gourmet Chocolate**  
**Vanilla Ice Cream**  
**Mint Chip Ice Cream**  
**Cookies and Crème**  
**Caramel Cookie Crunch**

## MASS GAINER

**Chocolate Peanut Butter Cup**  
**Gourmet Chocolate**  
**Vanilla Ice Cream**

