



# BLENDZ YOUR OWN SMOOTHIE

## PICK A BASE

ALL SMOOTHIES START  
AT \$4.00

STRAWBERRY

BANANA

FOUR BERRY

MANGO

PINEAPPLE

PPA (PEACH PEAR APRICOT)

ALMOND MILK

## FRUIT OR VEGGIES

APPLES

BLUEBERRIES

STRAWBERRIES

BANANAS

MANGO

PEACHES

KALE ... 1.25

SPINACH ... 1.25

## BULK IT UP!

VANILLA WHEY ... 2.00

CHOCOLATE WHEY ... 2.00

UNFLAVORED WHEY ... 2.00

PEA PROTEIN ... 2.00

RICE PROTEIN ... 2.00

PEANUT BUTTER ... 1.00

GREEK YOGURT ... 1.00

## GO NUTS!

ADD NUTS, SEEDS, HONEY, OR COCONUT

PEANUTS ... 1.00

ALMONDS ... 1.50

FLAX SEED ... 1.00

WALNUTS ... 1.00

CASHEWS ... 1.00

COCONUT ... 1.00

SUN FLOWER SEEDS ... 1.00

GINGER POWDER ... 1.00

HONEY ... 1.00





# BLENDZ SPECIALTY SMOOTHIES

## REFRESHERS

#1 CARIBBEAN SURF ... 4.00

Strawberry · Banana · PPA · Turbinado

#2 BERRY BLENDZ ... 6.25

Four Berry · Banana · Yogurt · Honey

#3 PEACHY ... 4.50

PPA · Peach · Honey · Turbinado

#4 HANG TEN ... 4.00

PPA · Strawberry · Mango · Turbinado

## KEEP IT LIGHT

#5 LEAN STRAWBERRY ... 5.00

Strawberry · Vanilla Whey Protein

#6 LEAN PEACH ... 6.00

PPA · Vanilla Whey Protein

#7 CHOCOLATE TRIM ... 5.00

Banana · Chocolate Whey Protein

#8 DON'T TANGO WITH MY MANGO ... 4.00

Mango · Chili Power

## MEAL REPLACERS

#9 ALOHA ... 7.75

Pineapple · Almonds · Vanilla Whey Protein

*Protein 43 g*

#10 MONKEY BUSINESS ... 7.50

Banana · Almonds · Vanilla Whey Protein

*Protein 44.3 g*

#11 PB & J ... 4.00

Banana · Strawberry · Peanut Butter · Honey ·

Turbinado

*Protein 16.4 g*

#12 CHOCOLATE PUMP UP ... 7.75

Banana · Almonds · Chocolate Whey Protein

*Protein 44.3 g*

## FITNESS

#13 BERRY BERRY FIT ... 6.00

Four Berry · Banana · Pea Protein · Non-Fat Milk Powder ·  
Honey

#14 STRAWBERRY BANANA WHIRL ... 5.00

Strawberry · Banana · Pea Protein · Non-Fat Milk Powder ·  
Turbinado

#15 GO BANANAS ... 7.00

Bananas · Yogurt · Almonds · Flax · Honey

#16 WILD STRAWBERRY PEACH ... 4.00

Strawberry · PPA · Flax · Pea Protein ·  
Honey · Turbinado

