



Smoothies and Summer Beverages

PROTEIN

GREEN

GODDESS BEAUTY 11

Vanilla protein, apple, spinach, banana, mango, chia seeds, collagen

FRANK

THE TANK 11.50

Vanilla plant protein, kale, spinach, almond butter, almond milk, blueberries, banana, monk fruit

ELVIS 7.50

Chocolate whey, peanut butter, almond milk, banana

SKINNY ELVIS 7.75

Chocolate whey, PBfit, almond milk, banana

CUP OF JOE 8

Coffee smoothie with protein and choice of flavor
Mocha, white chocolate, vanilla

BUILD YOUR OWN

7.50

BASE - PICK 1

Almond milk, soy milk, oat milk, orange juice

PROTEIN - PICK 1

Whey:

Vanilla, strawberry, chocolate

Plant:

Vanilla, chocolate (vegan)

FRUITS AND VEGGIES - PICK 2

Kale, spinach, carrot, banana, apple, blueberries, mango, strawberries, pineapple
More than 2 +1.50 each

ADD-INS

Collagen +4	Peanut butter +1
Almonds +2	PBfit +1
Chia seeds +1.50	Monk fruit
Almond butter +2	Honey

CLASSICS & KIDS

DAYDREAM PB&J 6.50

Peanut butter, grape jelly, banana, strawberries, almond milk

FRUIT FRENZY 10

Strawberries, blueberries, peach, pineapple, apple, orange juice, honey

STRAWBERRY & CREAM 6

Strawberries, yogurt, strawberry pudding, honey, almond milk

APPLEY EVER AFTER 6

Apple, pineapple, yogurt, almond milk, green syrup

GO BANANAS 6.50

Banana, yogurt, honey, chia seeds, almond milk

COCOMELON 6

Strawberries, watermelon, yogurt, honey, almond milk

PEACH ME, I'M DREAMING 6

Peach, banana, honey, almond milk

SUMMER BEVERAGES

BLENDED REFRESHERS 7.50

ORANGE DREAM

Fanta orange, orange syrup, yogurt, vanilla pudding

BLUE COURT

Sprite, blue raspberry syrup, pineapple syrup, yogurt, lemonade

FLAVORED LEMONADE 3.50

ORANGE

PEACH

STRAWBERRY

GREEN APPLE

BLUE RASPBERRY

TROPICAL PUNCH

Sprite, strawberries, mango, tropical punch

PINEAPPLE LEMONADE

Sprite, pineapple, yogurt, lemonade

WATERMELON

PINEAPPLE

WORKOUT BOOSTERS

TROPICAL VACATION 8.50

Post-workout recovery, mango, pineapple, banana, fruit juice

BERRY EXTREME 8.25

Blackberry/cherry pre-workout, blueberries, strawberries, orange juice

GREEN ENVY 8.25

Green energy blend, spinach, apple, banana, almond milk

RISE & SHINE 8.50

Citrus energy tea, orange juice, banana, mango, pineapple