



# BlenderZ

# SMOOTHIE MENU

Small \$5.00

Medium \$6.50

Large \$8.00

## CLASSICS

### **Banana Cream Pie**

skim milk, banana, rc vanilla pudding, vanilla protein

### **Cafe Latte**

skim milk, hazelnut instant coffee, chocolate syrup, chocolate protein

### **Fruit Punch**

apple juice, strawberries, blueberries, banana, vanilla protein

### **Orange Crush**

orange juice, strawberries, banana, vanilla protein

### **Shortcake (choose fruit)**

apple juice, fruit, banana, vanilla protein  
choose pineapple or strawberries

### **Tropical Delight**

guava nectar, pineapple, banana, vanilla protein

## SKINNY

### **Apple Pie a la Mode**

skim milk, apple juice, cinnamon, vanilla protein

### **Cherry Bomb**

cherry juice, blueberries, greek yogurt, vanilla protein

### **Green Tea Machine**

almond milk, peanut butter, almond extract, cinnamon, green tea powder, vanilla protein

### **Mud Slide**

almond milk, peanut butter, dark cocoa powder, chocolate protein

### **Skinny Berry**

skim milk, choose fruit, flax seed, vanilla protein

### **Green Goodness**

water, pineapple, banana, mango, ginger, greens/enzyme powder (non-protein)

## SUPERFOOD

### **Berry Blast**

Cranberry-apple juice, raspberries, blueberries, strawberries, vanilla protein

### **Carolina Blue**

apple juice, blueberries, honey, vanilla protein

### **Green Protein Pump**

almond milk, peanut butter, banana, green tea powder, chocolate protein

### **FruChia**

water, mango, pineapple, mandarin oranges, chia seeds, vanilla protein



## DELECTABLES

### **Almond Joyous**

skim milk, chocolate syrup, coconut flakes, almond extract, chocolate protein

### **Banana Almond Spice**

skim milk, banana, peanut butter, cinnamon, almond extract, vanilla protein

### **Brownie Sundae**

skim milk, chocolate syrup, strawberries, banana, chocolate protein

### **Chunky Monkey**

skim milk, peanut butter, banana, vanilla protein

### **Nutter Butter**

skim milk, chocolate syrup, peanut butter, banana, honey, chocolate protein

### **PB Overload**

skim milk, peanut butter, chocolate protein

**Nutritional information available upon request.**



# BlenderZ

# SMOOTHIE MENU

## VEGAN

S/M/L \$6.00/\$7.50/\$9.00

### Peanut Butter Split

almond milk, peanut butter, bananas, cinnamon, chocolate vegan protein

### Cocoa Loco

almond milk, peanut butter, dark cocoa powder, chocolate vegan protein

**Vegan vanilla protein powder available upon request**

## NON-PROTEIN

S/M/L \$4.25/\$5.75/\$7.00

### Berry Blizzard

skim milk, strawberries, blueberries, raspberries, rc vanilla pudding

### Chocolate Lovers

skim milk, bananas, rc chocolate pudding

### Sunrise Supreme

apple juice, strawberries, pineapple, mandarin oranges, bananas

### Strawberry Detox Drink

water, strawberries, ginger powder, flaxseed, lemon juice, honey

## CREATE YOUR OWN

S/M/L \$4.75/\$6.25/\$7.50

### Step 1: Pick 1 Liquid

skim milk, almond milk, apple juice, orange juice, cranberry/apple juice, cherry juice, guava or mango nectar

### Step 2: Pick 1 Fruit

strawberries, blueberries, bananas, triple berry mix, pineapple, mandarin oranges, mango chunks

### Step 3: Pick a Whey Protein

vanilla or chocolate

## ADD-INS

Extra fruit or yogurt 2oz \$.50 4oz \$1  
Creatine, Glutamine, or BCAA \$.25 ea  
Chia seeds or green tea powder \$.50  
Ground flax seeds or PB \$.25  
Extra scoop protein powder \$1.50  
Greens/Enzyme powder \$1.25

## KIDS

12oz. \$3.50 16oz. \$4.00

### Cookie Monster

milk, chocolate cookies, chocolate syrup, rc vanilla pudding

### Goldilocks & Three Berries

cranberry/apple juice, blueberries, strawberries, raspberries

### Jungle Juice

orange juice, banana, rc vanilla pudding

### Lil Red Riding Hood

strawberries, bananas, apple juice

### Peter Pan

milk, peanut butter, banana, rc vanilla pudding

### Shrek

green punch, lime jello, gelatin, fruit (pineapple or banana)



**Nutritional information available upon request.**