

**100%
FRUITS**

**MAKE IT A MEAL
ADD VITAMINS FIBER & PROTEIN
ADD 1 for \$1.00 2 for \$1.50 3 for \$2.00**



SMOOTHIES & SHAKES

STRAWBERRY CLASSIC

Strawberry puree, Strawberries &
Banana
3.50 4.50 6.00

PINA COLADA

Pineapple Puree, Banana, coconut
milk
3.50 4.50 6.00

TROPICAL BREEZE

Pineapple & Strawberry Puree,
Banana, Strawberries
4.50

GO BANANAS

Milk, Spice, Bananas & Vanilla Cream
3.50 4.50 6.00

BANANA NUT BLAST

Milk, Banana, Peanut Butter, Spices,
Vanilla Cream
4.00 4.75 6.00

PEANUT PUNCH

Milk, Oats, Peanut Butter, Banana,
Spice
4.50 5.50 6.50

CHOCOLATE FROSTY

Milk, Chocolate, Whey Protein, Vanilla
Cream
3.99 4.75 -

MANGO TANGO

Mango Puree, Strawberries &
Banana
3.50 4.50 6.00

BERRY BERRY GOOD

Pineapple Puree, strawberries &
Blue Berries
3.50 4.50 6.00

STRAWBERRIES & CREAM

Strawberries, Vanilla Cream,
strawberry puree
4.00 4.75 6.00

BANANA SPLIT

Milk, Strawberries, Banana, Vanilla
Cream
4.00 4.75 6.00

MO MASS (weight gainer)

Milk, Chocolate Mass, Banana, Oatmeal,
Peanut Butter
4.75 5.75 6.50

BODY BUILDER

Milk, Whey Protein, Creatine, Banana,
Spice
4.75 5.75 6.50

MILK SHAKE

Vanilla, Strawberry or Chocolate
3.00 3.75 4.75

NATURAL JUICE & TROPICAL PUNCHES



INSIDER- 3 C

Carrots, Celery, Cucumber
3.75 4.75 6.50

STRESS BUSTER

Ginger, Carrots, Apples
3.75 4.75 6.50

VITAMIN BLAST

Beetroot's, Carrots, Apple
3.75 4.75 6.50

CARROT or BEETROOTS

sweetened w/ milk, spice, sugar
3.25 4.50 5.50

LEMONADE

1.00 1.50 2.00

SPICY PINEAPPLE GINGER

2.00 2.75 3.50

FRUIT PUNCH

2.00 2.75 3.50

1/2 & 1/2 mixes

2.00 2.75 3.00

