

Anytime Smoothies

Sm 16oz \$6.50 Med 20oz \$7.50 Lg 32oz \$8.50

Stamina Squeeze

Strawberry - Banana
Protein - Brewer's Yeast
190/250/320 cal

Peanut Butter Gone Bananas

Peanut Butter - Bananas
Protein - Amino Acids
310/380/460 cal

Matcha Coconut Boost

Mango - Kale - Banana
Coconut - Matcha
175/245/315 cal

Green Monster

Spinach - Pineapple
Mango - Banana
133/203/273 cal

Flu Fighter

Strawberry - Peach
Vitamin C - Echinacea
20/1800/240 cal

Jumpin' Ginseng

Mango - Banana
Protein - Ginseng
200/280/350 cal

Phoenix Total Body Transformation

Raspberries - Blueberries - Strawberries - Lemon
Green Apple - Celery - Cucumbers - Protein - BCAA
180/250/320 cal

Post-Workout Smoothies

Sm 16oz \$6.50 Med 20oz \$7.50 Lg 32oz \$8.50

Banana-Oat Energizer

Banana - Rolled Oats
Honey - Cinnamon
298/368/438 cal

Oreo Crush

Oreos - Ice cream
Peanut Butter - Protein
612/682/752 cal

Pineapple Re-charge

Pineapple - Coconut - Orange
Protein - Creatine
270/320/380 cal

Orange Kale Boost

Orange - Kale - Ginger
Spirulina - Cinnamon
293/366/436 cal

Protein Pump

Peanut Butter - Banana
Protein - Creatine
420/490/660 cal

Get Ripped

Strawberry - Raspberry
Protein - Lecithin
210/270/330 cal

Protein Recovery Smoothie

Chocolate or Vanilla Protein - Creatine
160/185/210 cal

Fresh Juice Blends

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Immune Booster

Carrot – Beet
Celery – Apple
160/250/250 cal

Very Veggie

Carrot- Cucumber
Celery – Beet – Spinach
150/220/290 cal

Ultimate Detox

Green Apple – Celery – Cucumber
Kale – Lemon – Ginger
110/180/250cal

Daily Defense

Apple
Lemon – Ginger
200/300/400 cal

Fruity Blend

Mango – Orange – Pineapple
Strawberry – Peach
110/180/250 cal

Lemon Squeeze

Lemon – Green Apple
Alkaline Water – Ginger
185/245/305 cal

Vitamin C-Boost

Orange – Grapefruit – Lemon
220/320/420 cal

Revitalization, Energy & Wellness

B12 Shots \$3.00

B12 drink 12oz \$6.00

Green shots \$3.00

Green drink 12oz \$6.00

Pre-workout energy boost \$6.00

Add ins: \$1.00

**Whey Protein, BCAA, Flaxseeds, Chia Seeds,
Acai Berries, Cacao Nibs, Goji Berries, Maca
Powder, Spirulina, Cayenne, Turmeric, Ginger,
Peanut Butter, Greens, Honey, Agave Nectar**