



## SMOOTHIES

12oz. \$3.75   16oz. \$4.25   24oz. \$4.75

### **Mango Mania**

Orange juice, non-fat plain yogurt, mango, peaches, ice.

### **Berry-Licious**

Raspberry juice, non-fat plain yogurt, strawberries, raspberries, blueberries, ice.

### **Strawberry Harmony**

Apple juice, strawberry juice, non-fat plain yogurt, strawberries, bananas and ice.

### **Bionic Bod**

Pineapple juice, non-fat plain yogurt, strawberries, blueberries, bananas and ice.

### **Tonic Calorie Burner**

Kiwi juice, strawberries, peaches, sorbet, non-fat plain yogurt, slim protein, ice.

### **Very Berry**

Orange juice, blueberries, strawberries, raspberries, non-fat plain yogurt, ice.

### **Banzai Berry**

Apple juice, strawberry juice, blueberries, bananas, raspberry sorbet, non-fat plain yogurt, coconut sorbet, ice.

### **Sunriser**

Strawberries, bananas, non-fat plain yogurt, soy milk.

### **Coco Bay**

Pineapple juice, bananas, non-fat plain yogurt, coconut sorbet, ice.

### **Tonic P.B.**

Proto Whey Protein, low-Fat chocolate milk, peanut butter, banana and ice.

## NON-DAIRY SMOOTHIES

### **Cold Eraser**

Proto Whey Protein, orange juice, peaches, bananas, orange sherbet, vitamin C, ice.

### **Morning Fighter**

orange juice, bananas, Agave nectar, raspberries, Echinacea and ice.

### **Soy Triage**

Proto Whey Protein, soy milk, strawberries, bananas, ice.

### **Razzle Dazzle**

raspberry juice, strawberries, bananas, orange sherbet, ice.

### **Hawaiian Rainbow**

orange juice, blueberries, strawberries, pineapple sherbet, ice.

### **Cirtus Sunshine**

orange juice, pineapple juice, strawberries, bananas, orange sherbet, ice.

### **Peachy Keen**

a whirl of peach juice, peaches, bananas, orange sherbet and ice.

### **Mango Mania**

Passion fruit mango juice, mango pineapple sherbet and ice.

### **Exotic Matcha Green Tea**

Proto Whey Protein, soy milk, pineapple sherbet and



### **FRESH SQUEEZED JUICES:**

\*Orange\*Apple\*Pineapple\*Watermelon\*Beet\*Carrot\*Celery

### **SANDWICHES**

All include lettuce, tomato, cucumber, mayonnaise, mustard. Your choice of wheat, sourdough or white bread and avocado.

Roast Beef Sandwich (no choice of avocado) \$6.75

Ham Sandwich (no choice of avocado) \$6.00

Turkey Breast Sandwich (with or without avocado) \$6.00

Chicken Breast Sandwich (with or without avocado) \$6.00

Tuna Salad Sandwich (with or without avocado) \$6.00

### **SALADS**

All include your choice of dressings

Chicken Cesar Salad \$6.50

Tuna Garden Salad \$6.50

Oriental Turkey Salad \$6.50