

# SMOOTHIES & SHAKES

## Smoothie

16 oz. 5.45    20 oz. 5.95

### TROPICAL BREEZE

*mango, banana, pineapple juice, coconut, yogurt, soy milk*

### STRAWBERRY SENSATION

*strawberries, banana, pineapple juice, vanilla yogurt*

### BLUEBERRY BURST

*blueberries, banana, apple juice, vanilla yogurt*

### PEACH PASSION

*peaches, banana, orange juice, vanilla yogurt*

### RASPBERRY RHAPSODY

*raspberries, banana, apple juice, vanilla yogurt*

### PINEAPPLE PASSION

*pineapple juice, banana, orange juice, vanilla yogurt*

### VERY BERRY

*strawberries, blueberries, soy milk, banana, vanilla yogurt*

### PEACHY KEEN

*peaches, strawberries, pineapple juice, banana, vanilla yogurt*

### BLUE BANANA

*mango, blueberries, coconut, pineapple juice, banana, vanilla yogurt*

### MANGO MADNESS

*mango, strawberries, orange juice, banana, vanilla yogurt*

### POPEYE SMOOTHIE

*pineapple juice, orange juice, banana, spinach, peaches*

## Meal Replacement

**20/20 HIGH PROTEIN** 3.80

*chocolate or vanilla*

**SOY SHAKE OR WHEY SHAKE** 5.25

**20/20 SNICKERDOODLE** 4.55

*20/20 vanilla, PB, cinnamon*

**20/20 DAIRY FREE BREAKFAST** 6.60

*soy protein, peanut butter, almond milk, berries, banana*

**20/20 GREEN SHAKE** 7.35

*vanilla high protein, banana, spinach and peaches*

## Maintenance:

### 20/20 shakes

**JLO** 5.55

*20/20 chocolate, PB, chocolate*

*covered espresso beans*

**POWER SNICKERDOODLE** 5.50

*20/20 vanilla, whey, PB, cinnamon*

## Add-ons

**FRESH FRUIT** 1.75

*blueberries, strawberries, raspberries, mango, peach*

**VALRHONA COCOA POWDER** 0.50

**FLAVORED ESSENCE** 0.50

**GRANOLA** 0.50

**BANANA** 0.55

**ESPRESSO** 0.60

**PEANUT BUTTER** 0.75

**CHOCOLATE COVERED** 1.00

**ESPRESSO BEANS**

**ALMOND BUTTER** 1.25

**POWDERED PEANUT BUTTER** 1.35