

smoothies

protein powdersadd \$.95 per scoop
bee pollen, spirulina or Super Foodadd \$2.00 per scoop

miami fruit smoothie

[seasonal fruits]

	small	large	quart	1/2 gallon
house smoothie	\$5.95	\$8.95	\$13.95	\$19.95

strawberry, banana, golden pineapple and organic apple juice

combination fruit smoothies

[seasonal fruits]

small \$5.95 large \$8.95 quart \$13.95 1/2 gallon \$19.95

- 1 blueberry & orange
- 2 blueberry, orange & strawberry
- 3 blueberry, orange & banana
- 4 blueberry & grape
- 5 blueberry, orange & lemon
- 6 mango, orange & cantaloupe
- 7 mango & organic peach
- 8 mango, banana & strawberry
- 10 cranberry, grapefruit & honey
- 11 grapefruit, orange & grape
- 12 cranberry, apple & orange
- 13 papaya & banana
- 14 papaya, mango & orange
- 15 papaya, mango & pineapple
- 16 pineapple & orange
- 17 pineapple, orange & strawberry
- 18 pineapple, orange & cantaloupe
- 19 pineapple, carrot & lemon
- 20 pineapple, carrot & banana
- 21 kiwi, grape & strawberry
- 22 kiwi, grape & lemon
- 23 kiwi, lime, lemon, orange & honey [high vitamin C]
- 24 kiwi, banana, strawberry & pineapple
- 25 grape & strawberry
- 26 grape, strawberry & orange
- 28 grape, orange & pineapple
- 29 grape, lemon, lime & orange

please note: numbers 9 & 27 are no longer available
all substitutions will be charged á la carte
for parties of 5 or more an 18% gratuity will be added to your check

smoothies

combination fruit smoothies

[seasonal fruits]

small \$5.95 large \$8.95 quart \$13.95 1/2 gallon \$19.95

30 grape & cranberry

31 grape, lemon & strawberry

32 grape, cranberry & strawberry

33 grape, cranberry & honeydew

34 organic coconut milk, banana & carrot

35 strawberry, organic skim milk & honey

36 strawberry, banana, organic skim milk & honey

37 pineapple, orange, organic coconut milk & honey

38 organic coconut milk & carrot

39 grape, kiwi & lime

41 banana, cantaloupe, orange & honey

42 orange, mango, banana, pineapple & strawberry

43 cranberry, apple & orange

44 cantaloupe, pineapple, banana, lemon & honey

45 banana, peach, organic milk & honey

46 grapefruit, kiwi & pineapple

47 banana, lemon & pineapple

48 watermelon, cantaloupe & honeydew

49 banana, orange & carrot

50 tangerine, orange & grapefruit

51 carrot & pear

52 pineapple, orange & fresh mint

54 pomegranate, tangerine & orange [market value]

55 carrot & organic apple

large \$8.95 quart \$13.95 1/2 gallon \$19.95

56 tangerine [high vitamin c]

large \$9.95 quart \$13.95 1/2 gallon \$20.95

57 one-way ticket to heaven [very high protein]

fresh cashews, fresh dates and low-fat organic soy milk

large \$9.95 quart \$15.95 1/2 gallon \$24.95

57a chocolate one-way ticket to heaven [very high protein]

fresh cashews, fresh dates, low-fat organic chocolate soy milk and banana

large \$9.95 quart \$15.95 1/2 gallon \$24.95

58 papaya, banana & organic rice milk

large \$8.95 quart \$13.95 1/2 gallon \$19.95

59 very berry

large \$9.95 quart \$16.95 1/2 gallon \$24.95

please note: numbers 40 & 53 are no longer available

all substitutions will be charged á la carte

for parties of 5 or more an 18% gratuity will be added to your check