

# natural!

by *sodexo*\*

## SMOOTHIES

### Incredible Hulk

Freshly squeezed orange juice, peaches, pineapples, spinach, and greek yogurt.

\$5.89  
Cal. 255

### Pineapple Coconut

Coconut water, pineapples, bananas, and shredded coconut.

\$5.89  
Cal. 215

### Tropical

Exotic wave of mango and pineapple, blended with fresh apple juice.

\$5.89  
Cal. 210

### Tutti Frutti

Strawberry, mango, banana, orange juice... All in one! All fruit!

\$5.39  
Cal. 245

### Jump

Delicious peach, mango, strawberry, and fresh orange juice.

\$5.89  
Cal. 205

### Popeye!

Build strong muscles with spinach, apple juice, strawberry, banana, and mango!

\$5.89  
Cal. 245

### Classic

Creamy blend of strawberry, banana, and fresh orange juice. It's a classic!

\$5.39  
Cal. 220

### Refresh

Pineapple, strawberry, and orange juice... Deliciously refreshing!

\$5.39  
Cal. 205

### Fresh Juice

Freshly squeezed apple, orange, or carrot juice.

\$5.89  
Cal. 130-240

### Create Your Own

Combine 3 of your favorite fruits or veggies with juice to create one unique smoothie, just the way you like it.

\$5.89  
Cal. 255-450

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## SMOOTHIE BOWLS

### Very Berry

**\$5.50**  
**Cal. 205**

Freshly squeezed orange juice, strawberries and bananas.

### Peach & Orange Crush

**\$5.50**  
**Cal. 200**

Freshly squeezed orange juice, peaches, bananas, mangoes.

### Toppings

**(Choice of 3)**

Strawberries (cal. 5) Blueberries (cal. 10) Granola (cal. 50)  
Banana Chips (cal. 75) Chia Seeds (cal. 70) Coconut (cal. 20)  
Cheerios (cal. 10) Banana (cal. 20) Pepitas (cal. 65)  
Sunflower Seeds (cal. 50)

## ADD EXTRAS

#### SUPPLEMENTS

**\$0.89**

Trim & Fit (cal. 20)  
Multi-Vitamin (cal. 15)  
Antioxidant (cal. 15)  
Smart (cal. 20)  
Whey Protein (cal. 45)  
Soy Protein (cal. 20)  
Relax (cal. 20)  
Green (cal. 10)  
Fiber (cal. 10)

Peanut butter (cal. 175)  
Yogurt (cal. 40)

#### SUBSTITUE

**\$0.69**

Almond Milk (cal. 80 – 100)  
Soy Milk (cal. 100 – 125)  
Coconut Water (cal. 60 – 75)

#### ADD

**\$1.39**

Pineapples (cal. 55)  
Mangoes (cal. 55)  
Bananas (cal. 85)  
Peaches (cal. 70)  
Spinach (cal. 30)  
Kale (cal. 10)  
Strawberries (cal. 35)

Based on a 2000 Calorie Diet. For additional nutritional information please ask your server.