# Smoothies

## Classic Blends

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>SM</th>
<th>RG</th>
<th>LG</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wild Strawberry</td>
<td>4.39</td>
<td>5.39</td>
<td>6.69</td>
<td>240-450</td>
</tr>
<tr>
<td>Caribbean Craze</td>
<td></td>
<td></td>
<td></td>
<td>230-440</td>
</tr>
<tr>
<td>Maui Mango</td>
<td></td>
<td></td>
<td></td>
<td>280-560</td>
</tr>
<tr>
<td>Tropic Thrapy</td>
<td>320-570</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mango Me Crazy</td>
<td>250-460</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bangin’ Berry</td>
<td>260-490</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acai Energy</td>
<td>310-590</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Sunrise</td>
<td>250-480</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches Sunshine</td>
<td>260-500</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jamaican Jammer</td>
<td>260-480</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Purpose Blends

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>SM</th>
<th>RG</th>
<th>LG</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goin’ Green</td>
<td></td>
<td></td>
<td></td>
<td>230-420</td>
</tr>
<tr>
<td>Super C Immune Support</td>
<td></td>
<td></td>
<td></td>
<td>250-490</td>
</tr>
<tr>
<td>Berry Burn</td>
<td></td>
<td></td>
<td></td>
<td>230-440</td>
</tr>
<tr>
<td>Super Fuel</td>
<td></td>
<td></td>
<td></td>
<td>230-400</td>
</tr>
<tr>
<td>PB Protein</td>
<td></td>
<td></td>
<td></td>
<td>420-770</td>
</tr>
</tbody>
</table>

## Boosts

Boosts available for purchase for an additional price.

## Acai Bowls

<table>
<thead>
<tr>
<th>Acai Bowl</th>
<th>Calories</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acai Banana Berry 580</td>
<td>250-480</td>
<td>Blend: organic acai / banana / strawberry / blueberry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Topping: granola / banana / strawberry / honey</td>
</tr>
<tr>
<td>Acai Peanut Butter 640</td>
<td>250-480</td>
<td>Blend: Organic Acai / bananas / blueberries / peanut butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Topping: Granola / strawberries / bananas</td>
</tr>
</tbody>
</table>

*V = Vegan  **D = Dairy  *Based on RG size serving.

100% clean ingredients | Gluten Free
grilled flatbreads 6.99

**Chipotle Chicken Club 670 cal**
Chicken*, tomatoes, romaine, provolone, bacon, chipotle ranch dressing

**BBQ Bacon Chicken 660 cal**
Chicken*, bacon, romaine, cheddar-jack, Sweet Baby Ray’s® BBQ sauce

**Sante Fe 720 cal**
Chicken*, black beans, cheddar-jack, romaine, salsa, chipotle ranch dressing

**Pesto Chicken 600 cal**
Chicken*, provolone, red peppers, fresh baby spinach, pesto

**Nashville Hot! Chicken 580 cal**
Chicken*, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce

• Sub Quorn Meatless Chicken 10 cal .49

*NO Antibiotics EVER!

2,000 calories a day used for general nutrition advise, but calorie needs vary. Additional nutritional information available upon request.
salads 7.99

Roadhouse BBQ Chicken 320 cal
Romaine, chicken*, corn, tomatoes, onions, cheddar-jack with Roadhouse BBQ ranch dressing

SW Chipotle Chicken 470 cal
Romaine, chicken*, black beans, onions, corn, tomatoes, cheddar-jack, salsa, crisps with chipotle ranch dressing

Chicken Avocado Cobb 480 cal
Romaine, chicken*, bacon, cheddar-jack, tomatoes, parmesan, egg, avocado lime ranch dressing

Buffalo Chicken 410 cal
Romaine, chicken*, bacon, carrots, tomatoes, parmesan, Gorgonzola, buffalo ranch dressing

Chicken Caesar 440 cal
Romaine, chicken*, tomatoes, parmesan, Caesar dressing

Strawberry & Kale 360 cal
Romaine, kale, chicken*, strawberries, apples, dried cranberries, Gorgonzola, pecans, strawberry vinaigrette

toasted wraps 6.99

Super Green 540 cal
Chicken*, kale, romaine, tomatoes, parmesan, Caesar dressing

Thai Chicken 400 cal
Chicken*, carrots, cabbage, romaine, SunButter®, sesame seeds, spicy Asian dressing

Chicken Avocado 570 cal
Chicken*, romaine, tomatoes, bacon, provolone, avocado lime ranch dressing

Mexicano 640 cal
Chicken*, black beans, rice, salsa, corn, tomatoes, cheddar-jack, lettuce, chipotle ranch dressing

Spinach Pesto 500 cal
Chicken*, red peppers, spinach, provolone, pesto

Sub Quorn Meatless Chicken 10 cal .49

*NO Antibiotics EVER!
rice bowls 6.99

**Thai Chicken 560 cal**
Asian Thai dressing, chicken*, lettuce, carrots, cabbage, cucumber, SunButter®, black sesame seeds, white rice

**Baja Queso 680 cal**
Chicken*, queso blanco, corn, salsa, lettuce, chipotle ranch dressing, white rice

**Frito Grande 630 cal**
Chicken*, Fritos® corn chips, refried beans, queso, lettuce, chipotle sauce, white rice

**Mexican 710 cal**
Chicken*, black beans, salsa, corn, red onion, tomatoes, cheddar-jack, lettuce, chipotle ranch dressing, white rice

**Buffalo 600 cal**
Buffalo ranch, chicken*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

**KC BBQ 610 cal**
Sweet Baby Rays’s® BBQ sauce, chicken*, bacon, corn, tomatoes, cheddar-jack, red onion, lettuce, white rice

**Power Protein 810 cal**
Chicken*, black beans, egg, bacon, tomatoes, cheddar-jack, lettuce, buffalo ranch dressing, brown rice & quinoa blend

** Meatless Mexican 730 cal **
Quorn™ meatless chicken*, black beans, salsa, corn, red onion, cheddar-jack, tomatoes, lettuce, chipotle ranch, white rice

- Sub Quorn Meatless Chicken 10 cal .49
- Add Queso adds 160 cal .39

*NO Antibiotics EVER!

✓ = VEGETARIAN

2,000 calories a day used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request.