Fruit of the Earth Smoothies

Peaches & Cream $4.25
Peaches, banana, 100% apple juice & low fat yogurt or soy milk

Cherry $3.95
Cherries, banana, 100% apple juice

Strawberry $3.95
Strawberries, banana, 100% apple juice

Strawberry Blonde $3.95
Strawberries, banana, 100% orange juice

Blueberry $4.50
Blueberries, banana, 100% apple juice

Pineapple $3.95
Pineapple, banana, 100% apple juice

Blueberry Pineapple $4.25
Blueberries, pineapple, banana, 100% apple juice

Very Berry $4.25
Blueberries, strawberries, raspberries, blackberries, banana, 100% apple juice

Island Delight $4.25
Mango, strawberries, pineapple, banana, 100% orange juice

Mango $4.50
Mango, banana, 100% orange juice

Southern Harmony $4.25
Blueberries, strawberries, peaches, 100% apple juice

Piña Colada $4.25
Pineapple, coconut, banana, 100% apple juice

Harmless Hurricane $3.95
Cherries, pineapple, 100% apple juice

Patriot $4.50
Strawberries, blueberries, 100% apple juice, low fat yogurt or soy milk

Berry Cherry Delight $4.50
Strawberries, raspberries, cherries, 100% apple juice, low fat yogurt or soy milk

Blackberry $4.50
Blackberries, banana, 100% apple juice, low fat yogurt or soy milk

Tropical Breeze $3.95
Pineapple, strawberries, banana, 100% orange juice

100% Fruit 100% Juice 100% Natural

Smoothie of the Week:
SAVE $1.00

Cherry
Now Only $2.95

Coffee & Seasonal Drinks

Mocha Iced Coffee Drink $3.95
Coffee, mocha mix, low fat yogurt or soymilk

Latte Iced Coffee Drink $3.95
Coffee, latte mix, low fat yogurt or soymilk

Cup of Steep & Brew Coffee $1.55

Raspberry Lemonade Smoothie Blend $3.25
Raspberries, lemonade concentrate, low fat yogurt or soymilk

Strawberry Lemonade Smoothie Blend $3.25
Strawberries, lemonade concentrate, low fat yogurt or soymilk

Lemonade Smoothie Lite $2.75
Lemonade concentrate, lowfat yogurt or soymilk

Raspberry Smoothie Lite $2.75
Raspberry concentrate, lowfat yogurt or soymilk

Strawberry Smoothie Lite $2.75
Strawberry concentrate, lowfat yogurt or soymilk

100% Juice ~ Orange or Apple $1.25
12oz glass

Boosts

Protein	$1.00
Glutamine	$1.00
Creatine	$1.00
Recovery Combo ~ All three supplements	$2.00