



1078 Los Osos Valley Rd. Los Osos, CA 93402 T: 805-528-1190 F: 805-528-1378



## balanced blends

\$4.00

### 40/30/30

Milk, Frozen Yogurt, Peanut Butter & Whey Protein (456 Calories)

### 60/20/20

Milk, Peanut Butter, Frozen Yogurt, Chocolate Whey Protein & Chocolate Syrup (543 Calories)

### Cal-Lite

A low calorie blend of Cal-Lite Meal Replacement with Nonfat Milk and Ice. Available in Chocolate or Vanilla (210 Calories 33g carb, 16g protein, 1.5g fat)

### High Performance

High Performance Meal Replacement blended with Milk & Ice. Available in Chocolate or Vanilla (300 Calories, 40g carb, 25g protein, 2.5g fat)

## custom blends

\$4.00

### 3 Steps to a Custom Blend

#### Step 1: Choose 1

Orange Juice, Pineapple Juice, Nonfat or Soy Milk.

#### Step 2: Choose 2

Pineapple, Banana, Mango, Strawberries, Raspberries, Peaches, Blueberries, Chocolate, Peanut Butter, Cookies, Carob or Coconut Syrup

#### Step 3: Choose 2

Nonfat Yogurt, Orange Sherbet, Spirulina, Flax Seed Oil, Hemp Oil, or Ginseng

### Additions

Add these additions to any smoothie for even more options!

#### \$1 each

Chocolate or plain Whey Protein, Hemp Protein, Soy Protein, Peanut Butter, Vita Pack, Fiber, Immunity Pack, Stress Pack, Superfood, Green Tea, Wheat Grass, Spirulina, Flax Seed Oil, Hemp Oil, Ginseng, Fruit, Frozen Yogurt, Sherbet, Chocolate or Carob

## House blends

\$4.00

### Triple Berry Blend

Raspberries, Strawberries, Blueberries, Banana, Frozen Yogurt & Honey

### Strawberry Banana Blast

Banana, Pineapple Juice, Strawberries & Orange Sherbet

### Peanut Butter Cloud

Milk, Peanut Butter, Banana & Frozen Yogurt

### Nuts for Chocolate

Milk, Frozen Yogurt, Chocolate or Carob, Peanut Butter & Banana

### Montaña de Mango

Pineapple Juice, Mango, Banana, Pineapple & Orange Sherbet

### Peaches & Sherb

Raspberries, Peaches, Banana & Orange Sherbet

### Oranga-Tangy

OJ, Pineapple, Mango & Orange Sherbet

### Piña Colada

Pineapple Juice, Coconut Syrup, Pineapple, Banana & Frozen Yogurt

### Cookies and Cream

Milk, Frozen Yogurt, Cookies, Chocolate & Banana