

# BUILD A Smoothie

## ONE SIZE | 7.80

### LIQUID

WATER | 0 cal  
MILK | 75 cal  
SOY MILK | 30 cal  
ALMOND MILK | 45 cal  
YOGURT | 50 cal

### FRUIT & VEGGIES *pick 4*

PEACHES | 15 cal  
BANANAS | 34 cal  
STRAWBERRIES | 20 cal  
BLUEBERRIES | 20 cal  
MANGO | 25 cal  
KALE | 6 cal  
SPINACH | 7 cal  
CARROTS | 13 cal  
PINEAPPLE | 23 cal

### ADD-INS

PLANT-BASED PROTEIN POWDER +\$1.60 | 75 cal  
WHEY BASED PROTEIN POWDER +\$1.60 | 70 cal  
EXTRA FRUIT OR VEGGIE +\$0.90  
CHIA SEEDS +\$1.00 | 69 cal  
GROUND FLAX SEED +\$1.00 | 40 cal  
HONEY

