



Menu

Smoothies • Bowls • Bites



Menu printed April 2026. We constantly strive to improve our Smoothies and ingredient offerings. For the most up-to-date information, please visit SmoothieKing.com.

Feeling good shouldn't be complicated.

In 1973, Steve Kuhnau founded Smoothie King with the simple belief that feeling good should taste good too. Ever since, we've used our expertise to create blends that are delicious and nutritious so you can live and feel your best, whatever that looks like for you.



Delicious done right.



50+ years of expertise
balancing delicious
and nutritious.





Allergies?

If you have a food allergy or intolerance please notify us. Our facility uses milk, peanuts, tree nuts, eggs, sesame and soy. Some products may contain gluten. Cross contamination may occur.

Pregnant or Nursing?

Please consult your healthcare professional if you have any concerns.

Nutrition Info

General guidance is based on a 2,000-calorie daily diet, but your needs may vary. Nutrition details listed here are for 20 oz smoothies.

More ingredients and nutrition info are available on our website.

www.SmoothieKing.com

Key to Your Wellness



FAVORITES

Our top picks



MEAL REPLACEMENT

Contains 10g+ of protein to help keep you full



PLANT BASED

Vegan option



0G OF ADDED SUGAR

Contains natural sugars from fruit & fruit juices.
Not a low calorie food item.

Bowls

AÇAI

PB Swizzle™

Açai Base, Bananas, Strawberries, Blueberries, Purely Elizabeth® Granola, Peanut Butter

Berry Goji Getaway™

Açai Base, Mangos, Strawberries, Coconut Flakes, Honey, Goji Berries

Go-Go-Goji Crunch™

Açai Base, Strawberries, Blueberries, Purely Elizabeth® Granola, Honey, Goji Berries

Açai Cocoa Haze™

Açai Base, Bananas, Strawberries, Purely Elizabeth® Granola, Chocolate Hazelnut Drizzle, Cocoa Nibs

COCONUT

Coco Colada™

Coconut Base, Pineapples, Strawberries, Blueberries, Purely Elizabeth® Granola, Honey

Go Coconuts™

Coconut Base, Bananas, Strawberries, Blueberries, Purely Elizabeth® Granola, Chocolate Hazelnut Drizzle

PER SMOOTHIE BOWL	CALORIES	FAT CALORIES	FAT	SATURATED FAT
PB SWIZZLE™	620	140	16g	3.5g
BERRY GOJI GETAWAY™	550	110	13g	6g
GO-GO-GOJI CRUNCH™	560	90	10g	2.5g
AÇAI COCOA HAZE™	650	160	17g	5g
BEE BERRY STING™	510	35	4g	2.5g
HIVE FIVE™	540	60	7g	6g
PB DELIGHT™	590	90	10g	3.5g
COCO PITAYA-YAH™	630	160	17g	11g
COCO COLADA™	520	120	13g	11g
GO COCONUTS™	570	160	17g	12g

DRAGON FRUIT

Bee Berry Sting™

Dragon Fruit Base, Mangos, Strawberries, Blueberries, Purely Elizabeth® Granola, Honey

High Five™

Dragon Fruit Base, Bananas, Mangos, Coconut Flakes, Honey, Goji Berries

PB Delight™

Dragon Fruit Base, Bananas, Blueberries, Purely Elizabeth® Granola, Peanut Butter, Goji Berries

Coco Pitaya-Yah™

Dragon Fruit Base, Strawberries, Purely Elizabeth® Granola, Chocolate Hazelnut Drizzle, Coconut Flakes, Cocoa Nibs

HIGH PROTEIN GREEK YOGURT

Honey Berry Bowl

Greek Nonfat Yogurt, Purely Elizabeth® Granola, Strawberries, Blueberries, Chia Seeds, Honey

PB Banana Bowl

Greek Nonfat Yogurt, Purely Elizabeth® Granola, Bananas, Sweetened Cacao Nibs, Peanut Butter Drizzle, Honey, Strawberries

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
0mg	150g	118g	10g	6g	83g	58g	0mg
0mg	35mg	109g	11g	2g	85g	62g	0mg
0mg	120mg	116g	10g	3g	86g	66g	0mg
0mg	105mg	125g	12g	5g	88g	68g	0mg
0mg	105mg	119g	6g	6g	77g	55g	0mg
0mg	45mg	120g	8g	5g	78g	50g	0mg
0mg	180mg	122g	8g	9g	72g	47g	0mg
0mg	120mg	117g	10g	8g	70g	56g	0mg
0mg	115mg	108g	25g	3g	69g	53g	0mg
0mg	125mg	111g	26g	4g	67g	52g	0mg

Manage Weight

MangoFest™

Mangos, Apple Pineapple Juice Blend, Papaya Juice Blend

Metabolism Boost®

Contains naturally derived caffeine

MANGO GINGER: Mangos, Bananas, Organic Spinach, White Grape Lemon Juice Blend, Protein Blend, Gladiator® Protein, Organic Ginger, Metabolism Boost, Fiber Blend

STRAWBERRY PINEAPPLE: Pineapples, Strawberries, Kiwi Apple Juice Blend, Protein Blend, Gladiator® Vanilla, Metabolism Boost, Fiber Blend

DARK CHOCOLATE BANANA: Bananas, Protein Blend, Gladiator® Vanilla, 100% Cocoa, Nonfat Milk, Metabolism Boost, Fiber Blend

The Shredder™

CHOCOLATE: Protein Blend, Gladiator® Chocolate, Diet Down, 100% Cocoa

STRAWBERRY: Strawberries, Pear Juice Blend, Gladiator® Strawberry, Protein Blend, Diet Down

Slim-N-Trim™

VANILLA: Bananas, Slim-N-Trim™ Protein

CHOCOLATE: Bananas, Slim-N-Trim™ Protein, Nonfat Milk, 100% Cocoa

STRAWBERRY: Strawberries, Slim-N-Trim™ Protein

VEGGIE: Mangos, Organic Spinach, Bananas, Organic Kale, Slim-N-Trim™ Protein, Apple Pineapple Juice Blend, Organic Ginger

PER 20 OZ CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT
MANGOFEST™	290	10	1g	0g
METABOLISM BOOST™ MANGO GINGER	270	30	3g	2g
METABOLISM BOOST™ STRAWBERRY PINEAPPLE	270	25	2.5g	2g
METABOLISM BOOST™ DARK CHOCOLATE BANANA	320	40	4g	2.5
THE SHREDDER™ CHOCOLATE	230	45	5g	3.5g
THE SHREDDER™ STRAWBERRY	310	25	3g	2g
SLIM-N-TRIM™ VANILLA	170	20	2.5g	1.5g
SLIM-N-TRIM™ CHOCOLATE	200	30	3g	1.5g
SLIM-N-TRIM™ STRAWBERRY	160	20	2.5g	1g
SLIM-N-TRIM™ VEGGIE	240	25	3g	1.5g
KETO CHAMP™ BERRY	450	300	33g	19g
KETO CHAMP™ CHOCOLATE	420	300	33g	19g
POWER MEAL SLIM™ CHOCOLATE	200	60	7g	4g
POWER MEAL SLIM™ VANILLA	190	50	6g	3.5g
POWER MEAL SLIM™ STRAWBERRY	210	40	4.5g	3.5g
GLADIATOR® GLP-1 Nutritional info varies depending on your choice of fruits/veggies. Please refer to the Smoothie King app or smoothieking.com to verify.				
THE ACTIVATOR™ RECOVERY GLP-1 ALMOND BERRY	200	25	2.5g	1g
SLIM-N-TRIM™ GLP-1 MANGO GREENS	200	30	3.5g	1.5g

Keto Champ™

BERRY: Keto Protein, Califia Farms® Almond Milk, Blueberries, Raspberries, Almond Butter, 100% Cocoa

CHOCOLATE: Keto Protein, Califia Farms® Almond Milk, Almond Butter, 100% Cocoa, Stevia Plant-Based Sweetener

Power Meal Slim™

CHOCOLATE: Califia Farms® Almond Milk, Bananas, Power Slim Protein, 100% Cocoa

VANILLA: Califia Farms® Almond Milk, Bananas, Power Slim Protein

STRAWBERRY: Strawberries, Bananas, Power Slim Protein

GLP-1 Support

THE ACTIVATOR® RECOVERY GLP-1 ALMOND BERRY: Strawberries, Blueberries, Coconut Water, Califia Farms® Almond Milk, Gladiator® Strawberry

SLIM-N-TRIM™ GLP-1 MANGO GREENS: Mangos, Greek Yogurt, Califia Farms® Almond Milk, Organic Spinach, Organic Kale, Slim N Trim Protein, Organic Ginger

GLADIATOR® GLP-1: Ingredient information varies depending on your choice of fruits and vegetables.



The Activator® Recovery GLP-1 Almond Berry

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
0mg	15mg	71g	3g	2g	65g	0g	0mg
10mg	490mg	51g	7g	18g	35g	0g	100mg
10mg	480mg	53g	8g	17g	34g	0g	100mg
10mg	520mg	61g	12g	23g	30g	0g	100mg
20mg	720mg	21g	4g	32g	10g	0g	6mg
10mg	420mg	47g	3g	28g	32g	0g	3mg
20mg	340mg	31g	4g	13g	15g	0g	0mg
20mg	440mg	33g	5g	20g	19g	0g	0mg
20mg	350mg	28g	6g	13g	13g	0g	0mg
20mg	380mg	47g	6g	15g	29g	0g	0mg
15mg	440mg	23g	15g	24g	6g	0g	0mg
15mg	440mg	19g	14g	24g	1g	0g	0mg
10mg	630mg	26g	10g	22g	6g	0g	0mg
10mg	630mg	22g	6g	19g	7g	0g	0mg
10mg	570mg	32g	8g	19g	13g	0g	0mg
5mg	220mg	22g	5g	24g	13g	0g	0mg
20mg	430mg	30g	5g	21g	17g	0g	0mg

Get Fit

The Activator® Recovery

STRAWBERRY BANANA: Strawberries, Bananas, Coconut Water, Gladiator® Vanilla, Apple Juice, Protein Blend

BLUEBERRY STRAWBERRY: Strawberries, Coconut Water, Apple Blueberry Juice Blend, Blueberries, Gladiator® Strawberry

CHOCOLATE: Bananas, Coconut Water, Gladiator® Chocolate, Protein Blend, 100% Cocoa

PINEAPPLE SPINACH: Pineapples, Coconut Water, Gladiator® Vanilla, Organic Spinach, Kiwi Apple Juice Blend, Protein Blend

Gladiator®

VANILLA, CHOCOLATE OR STRAWBERRY:

Gladiator® Protein, Choice of Two Fruits, Veggies or Cold Brew Coffee

Make It Less Than 10g Net Carbs, Choice of Two Veggies, Cold Brew Coffee, Almonds or 100% Cocoa

GLADIATOR® COFFEE: Gladiator® Protein, Bananas, Cold Brew Coffee or Espresso

The Hulk™

VANILLA: Butter Pecan Ice Cream, Bananas, Hulk Blend, Turbinado

CHOCOLATE: Butter Pecan Ice Cream, Bananas, Hulk Blend, Turbinado, 100% Cocoa

STRAWBERRY: Strawberries*, Butter Pecan Ice Cream, Bananas, Hulk Blend, Turbinado

Original High Protein

CHOCOLATE: Whey Protein, Date Powder, Almonds, Protein Blend, Nonfat Milk, 100% Cocoa

BANANA: Bananas, Whey Protein, Almonds, Protein Blend

PER 20 OZ CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT
THE ACTIVATOR™ RECOVERY STRAWBERRY BANANA	260	20	2.5g	1.5g
THE ACTIVATOR™ RECOVERY BLUEBERRY STRAWBERRY	250	15	2g	1g
THE ACTIVATOR™ RECOVERY CHOCOLATE	200	30	3g	2g
THE ACTIVATOR™ RECOVERY PINEAPPLE SPINACH	280	20	2.5g	1.5g
GLADIATOR™ Nutritional info varies depending on your choice of fruits/veggies. Please refer to the Smoothie King app or smoothieking.com to verify.				
GLADIATOR™ COFFEE	300	35	3.5g	2g
THE HULK™ VANILLA	680	190	21g	10g
THE HULK™ CHOCOLATE	690	200	22g	11g
THE HULK™ STRAWBERRY	820	190	21g	10g
ORIGINAL HIGH PROTEIN CHOCOLATE	370	110	13g	3.5g
ORIGINAL HIGH PROTEIN BANANA	330	110	12g	3g
PEANUT POWER PLUS™ CHOCOLATE	530	230	25g	6g
PEANUT POWER PLUS™ STRAWBERRY	590	220	23g	4.5g
POWER PUNCH PLUS™	280	25	3g	2g
HYDRATION BERRY	190	5	0g	0g
HYDRATION PINEAPPLE MANGO	240	5	0.5g	0g

Peanut Power Plus™

CHOCOLATE: Bananas, Peanut Butter, Date Powder, Protein Blend, Nonfat Milk, 100% Cocoa

STRAWBERRY: Bananas, Peanut Butter, Turbinado, Date Powder, Nonfat Milk, Protein Blend

Power Punch Plus®

Strawberries, Bananas, Nutrient Blend, Turbinado

Hydration Berry

Pineapples, Raspberries, Strawberries, Papaya Juice Blend, Apple Pineapple Juice Blend, Coconut Water, Electrolyte Blend, Stevia Plant-Based Sweetener

Hydration Pineapple Mango

Pineapples, Mangos, Apple Pineapple Juice Blend, Coconut Water, Electrolyte Blend, Stevia Plant-Based Sweetener



Peanut Power Plus™

*Contains added sugar

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
10mg	340mg	37g	4g	26g	24g	0g	0mg
5mg	190mg	38g	4g	24g	26g	0g	0mg
10mg	380mg	22g	4g	26g	10g	0g	3mg
10mg	360mg	40g	4g	27g	29g	0g	0mg
10mg	500mg	26g	5g	46g	11g	0g	89mg
75mg	360mg	100g	3g	22g	89g	58g	0mg
75mg	360mg	103g	6g	24g	89g	58g	0mg
75mg	360mg	134g	6g	23g	120g	84g	0mg
55mg	350mg	37g	6g	30g	27g	0g	0mg
55mg	300mg	33g	5g	27g	17g	0g	0mg
10mg	600mg	63g	7g	23g	43g	0g	0mg
5mg	370mg	83g	7g	18g	62g	25g	0mg
25mg	200mg	64g	6g	14g	36g	12g	0mg
0mg	260mg	50g	5g	2g	35g	0g	0mg
0mg	260mg	62g	4g	2g	50g	0g	0mg

Be Well

Collagen Power

PINEAPPLE KALE: Pineapples, Bananas, Organic Kale, Coconut Water, Vegan Protein, Date Powder, Joint Health Enhancer with Collagen

Blueberry Heaven®

Blueberries, Bananas, Apple Blueberry Juice Blend, White Grape Lemon Juice Blend, Protein Blend

Daily Warrior™


Bananas, Blueberries, Peanut Butter, Apple Blueberry Juice Blend, Organic Spinach, Almonds, Date Powder, Stevia Plant-Based Sweetener, Fiber Blend

Immune Builder®

MIXED BERRY: Strawberries, Raspberries, Pear Juice Blend, Bananas, Apple Blueberry Juice Blend, Blueberries, Califia Farms® Almond Milk, Immune Support Enhancer

Vegan

 **DARK CHOCOLATE BANANA:** Bananas, Blueberries, Date Powder, 100% Cocoa, Vegan Protein

 **MANGO KALE:** Bananas, Mangos, Apple Pineapple Juice Blend, Apple Juice, Organic Kale, Almonds, Vegan Protein

 **NUTTY SUPER GRAIN:** Califia Farms® Almond Milk, Bananas, Peanut Butter, Apple Juice, Vegan Protein, Super Grains, 100% Cocoa

 **PINEAPPLE SPINACH:** Bananas, Pineapples, Organic Spinach, Apple Pineapple Juice Blend, Organic Carrots, White Grape Lemon Juice Blend, Almonds, Vegan Protein, Stevia Plant-Based Sweetener

MIXED BERRY: Strawberries, Califia Farms® Oat Milk, Pear Juice Blend, Blueberries, Raspberries, Bananas, Apple Blueberry Juice Blend, Vegan Protein, Super Grains

PER 20 OZ CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT
COLLAGEN POWER PINEAPPLE KALE	230	15	1.5g	0g
BLUEBERRY HEAVEN™	260	20	2.5g	1.5g
DAILY WARRIOR™	620	290	32g	4.5g
IMMUNE BUILDER™ MIXED BERRY	330	10	1g	0g
VEGAN DARK CHOCOLATE BANANA	310	25	3g	4.5g
VEGAN MANGO KALE	320	60	6g	1g
VEGAN NUTTY SUPER GRAIN	490	230	25g	4.5g
VEGAN PINEAPPLE SPINACH	350	60	6g	1g
VEGAN MIXED BERRY	280	30	3g	0.5g
VEGGIE APPLE KIWI KALE	290	5	0g	0g
VEGGIE CARROT KALE DREAM™	270	15	1.5g	1g
VEGGIE LEMON GINGER SPINACH	300	10	1g	0g
POWER MEAL™ SPINACH PINEAPPLE	350	100	11g	2.5g
POWER MEAL™ BLUEBERRY RASPBERRY	320	100	11g	2.5g
POWER MEAL™ CINNAMON BANANA	310	100	11g	2.5g
GREEK YOGURT PINEAPPLE MANGO	250	15	1.5g	1g
GREEK YOGURT STRAWBERRY BLUEBERRY	240	10	1g	1.5g
GUT HEALTH PAPAYA MANGO GINGER	190	5	0.5g	0g

Veggie Blends

APPLE KIWI KALE: Bananas, Apple Juice, Kiwi Apple Juice Blend, Electrolyte Blend, Organic Kale

CARROT KALE DREAM™: Bananas, Apple Pineapple Juice Blend, Organic Carrots, White Grape Lemon Juice Blend, Organic Kale, Protein Blend

LEMON GINGER SPINACH: Mangos, Pineapples, White Grape Lemon Juice Blend, Organic Spinach, Organic Carrots, Papaya Juice Blend, Organic Kale, Organic Ginger, Stevia Plant-Based Sweetener

Power Meal™

SPINACH PINEAPPLE: Pineapples, White Grape Lemon Juice Blend, Organic Spinach, Almonds, Protein Blend, Gladiator® Vanilla, Multivitamin Enhancer

BLUEBERRY RASPBERRY: Apple Juice, Blueberries, Raspberries, Almonds, Protein Blend, Gladiator® Vanilla, Multivitamin Enhancer

CINNAMON BANANA: Bananas, Date Powder, Almonds, Protein Blend, Gladiator® Vanilla, Multivitamin Enhancer, Ground Cinnamon

Gut Health

GREEK YOGURT PINEAPPLE MANGO: Mangos, Greek Yogurt, Pineapples, Kiwi Apple Juice Blend, Apple Pineapple Juice Blend, Protein Blend, Gut Health Enhancer

GREEK YOGURT STRAWBERRY BLUEBERRY: Strawberries, Greek Yogurt, Apple Blueberry Juice Blend, Blueberries, Pear Juice Blend, Protein Blend, Gut Health Enhancer

PAPAYA MANGO GINGER: Mangos, Bananas, Papaya Juice Blend, White Grape Lemon Juice Blend, Stevia Plant-Based Sweetener, Organic Ginger, Gut Health Enhancer

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
0mg	135mg	49g	7g	10g	32g	0g	0mg
5mg	240mg	58g	4g	6g	42g	0g	0mg
0mg	270mg	86g	12g	17g	48g	0g	0mg
0mg	85mg	81g	10g	2g	55g	0g	0mg
0mg	85mg	70g	13g	10g	39g	0g	0mg
0mg	90mg	64g	7g	10g	45g	0g	0mg
0mg	390mg	56g	6g	19g	33g	0g	0mg
0mg	160mg	74g	8g	10g	50g	0g	0mg
0mg	190mg	54g	7g	12g	35g	0g	0mg
0mg	140mg	73g	3g	2g	58g	0g	0mg
5mg	160mg	62g	3g	4g	48g	0g	0mg
0mg	95mg	78g	6g	4g	60g	0g	0mg
10mg	370mg	48g	7g	21g	34g	0g	0mg
10mg	360mg	41g	8g	20g	29g	0g	0mg
10mg	350mg	38g	9g	20g	24g	0g	0mg
5mg	150mg	54g	5g	10g	44g	0g	0mg
5mg	150mg	51g	5g	10g	35g	0g	0mg
0mg	60mg	56g	5g	2g	36g	0g	0mg

Fruit Classic

Angel Food™

Strawberries*, Bananas, Turbinado, Nonfat Milk

Angel Food™ Slim

Strawberries, Bananas, Pear Juice Blend, Protein Blend, Stevia Plant-Based Sweetener

Island Impact®

Mangos, Pineapples, Papaya Juice Blend, Apple Pineapple Juice Blend, Protein Blend

Banana Berry Treat®

Strawberries*, Bananas, Raspberries, Papaya Juice Blend, Protein Blend

Banana Boat®

Bananas, Vanilla Frozen Yogurt, Turbinado, Protein Blend

Berry Punch®

Strawberries*, Apple Blueberry Juice Blend, Blueberries, Raspberries, Electrolyte Blend

Caribbean Way®

Strawberries*, Bananas, Papaya Juice Blend, Turbinado

Lemon Twist™ Strawberry

Strawberries*, White Grape Lemon Juice Blend, Turbinado, Papaya Juice Blend

Muscle Punch®

Strawberries*, Bananas, Turbinado, Nonfat Milk, Whey Protein, Super Grains

PER 20 OZ CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT
ANGEL FOOD™	350	5	0.5g	0mg
ANGEL FOOD™ SLIM	220	10	1g	1mg
ISLAND IMPACT™	270	20	2g	1.5mg
BANANA BERRY TREAT™	290	20	2g	1.5mg
BANANA BOAT™	440	50	6g	3.5mg
BERRY PUNCH™	260	5	0.5g	0mg
CARIBBEAN WAY™	390	5	0.5g	0mg
LEMON TWIST™ STRAWBERRY	390	5	0.5g	0mg
MUSCLE PUNCH™	320	10	1g	0mg
PINEAPPLE SURF™	410	20	2g	1.5mg
STRAWBERRY KIWI BREEZE™	360	10	1g	.5mg
STRAWBERRY X-TREME™	300	5	0.5g	0mg

YOGURT D-LITE™ – CHOICE Nutritional info varies depending on your choice of fruits/veggies. Please refer to the Smoothie King app or smoothieking.com to verify.

Pineapple Surf® ❤️

Pineapples, Strawberries*, Kiwi Apple Juice Blend, Turbinado, Protein Blend

Strawberry-Kiwi Breeze®

Strawberries*, Kiwi Apple Juice Blend, Papaya Juice Blend, Protein Blend

Strawberry X-Treme® 🍓

Strawberries*, Papaya Juice Blend

Yogurt D-Lite® 🍷

Vanilla Frozen Yogurt, Turbinado, Protein Blend, Nonfat Milk, Choice: One Fruit or Veggie



*Contains added sugar

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
0mg	50mg	82g	4g	5g	71g	50g	0mg
5mg	150mg	55g	4g	4g	33g	0g	0mg
5mg	240mg	61g	4g	6g	52g	0g	0mg
5mg	240mg	66g	6g	6g	51g	26g	0mg
20mg	240mg	92g	6g	10g	67g	32g	0mg
0mg	125mg	65g	5g	2g	53g	26g	0mg
0mg	10mg	97g	4g	2g	83g	50g	0mg
0mg	15mg	95g	2g	1g	88g	50g	0mg
10mg	60mg	72g	5g	8g	59g	38g	0mg
5mg	240mg	96g	4g	6g	83g	38g	0mg
5mg	140mg	85g	2g	3g	76g	26g	0mg
0mg	0mg	74g	4g	11g	68g	52g	0mg

Feel Energized

The Activator® Recovery

COFFEE: Coconut Water, Bananas, Gladiator® Chocolate, Cold Brew Coffee, Nonfat Milk, Protein Blend

Coffee High Protein

ALMOND MOCHA: Whey Protein, Date Powder, Almonds, Cold Brew Coffee, Protein Blend, Nonfat Milk, 100% Cocoa

VANILLA: Whey Protein, Date Powder, Almonds, Cold Brew Coffee, Protein Blend, Nonfat Milk

The Hulk™

COFFEE: Butter Pecan Ice Cream, Bananas, Hulk Blend, Cold Brew Coffee, Turbinado


Keto Champ™

COFFEE: Keto Protein, Califia Farms® Almond Milk, Almond Butter, Cold Brew Coffee, 100% Cocoa

Pure Recharge®

Contains naturally derived caffeine. Pure Recharge Enhancer

STRAWBERRY: Strawberries, Pure Recharge, Pear Juice Blend, Electrolyte Blend, Nutrient Blend, Protein Blend

 **MANGO STRAWBERRY:** Apple Pineapple Juice Blend, Strawberries, Mangos, Pure Recharge, Electrolyte Blend

PINEAPPLE: Pineapples, Bananas, Pure Recharge, Apple Pineapple Juice Blend, Nutrient Blend

Coffee D-Lite®

MOCHA: Vanilla Frozen Yogurt, Turbinado, Nonfat Milk, Cold Brew Coffee, Protein Blend, 100% Cocoa

VANILLA: Vanilla Frozen Yogurt, Cold Brew Coffee, Protein Blend, Turbinado, Nonfat Milk

Vegan Coffee Mocha

Bananas, Califia Farms® Oat Milk, Date Powder, Cold Brew Coffee, Vegan Protein, 100% Cocoa

PER 20 OZ CUP (FEEL ENERGIZED)	CALORIES	FAT CALORIES	FAT	SATURATED FAT
THE ACTIVATOR™ RECOVERY COFFEE (COLD BREW)	220	25	3g	2g
COFFEE HIGH PROTEIN ALMOND MOCHA (COLD BREW)	370	110	13g	3.5g
COFFEE HIGH PROTEIN VANILLA (COLD BREW)	370	110	13g	3g
THE HULK™ COFFEE (COLD BREW)	700	190	21g	10g
KETO CHAMP™ COFFEE (COLD BREW)	430	300	33g	19g
PURE RECHARGE™ STRAWBERRY	190	15	1.5g	1g
PURE RECHARGE™ MANGO STRAWBERRY	300	5	0.5g	0g
PURE RECHARGE™ PINEAPPLE	370	20	2g	1.5g
COFFEE D-LITE™ MOCHA (COLD BREW)	320	45	5g	3g
COFFEE D-LITE™ VANILLA (COLD BREW)	230	45	5g	3.5g
VEGAN COFFEE MOCHA (COLD BREW)	230	25	3g	1g

PER 12 OZ CUP (KIDS)	CALORIES	FAT CALORIES	FAT	SATURATED FAT
APPLE KIWI BUNGA™	170	5	0g	0g
BERRY INTERESTING™	200	5	0g	0g
CHOC-A-LAKA™	270	35	3.5g	2.5g
CW JR.™	240	5	0.5g	0g
LIL' ANGEL™	190	5	0.5g	0g
STRAWBERRY BLUEGURT BLITZ™	160	10	1g	0.5g

Kids

Apple Kiwi Bunga™

Bananas, Apple Juice, Kiwi Apple Juice Blend, Organic Kale, Multivitamin Enhancer

Berry Interesting™

Strawberries*, Raspberries, Apple Blueberry Juice Blend, Water, Multivitamin Enhancer

Choc-A-Laka™

Vanilla Frozen Yogurt, Nonfat Milk, Date Powder, Turbinado, 100% Cocoa, Multivitamin Enhancer

CW Jr®

Strawberries*, Bananas, Papaya Juice Blend, Water, Multivitamin Enhancer

Lil Angel™

Strawberries*, Bananas, Water, Multivitamin Enhancer

Strawberry Bluegurt Blitz™

Strawberries*, Greek Yogurt, Apple Blueberry Juice Blend, Protein Blend, Multivitamin Enhancer

*Contains added sugar

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
10mg	430mg	24g	2g	29g	14g	0g	86mg
55mg	350mg	38g	6g	31g	27g	0g	83mg
55mg	350mg	37g	6g	30g	27g	0g	83mg
75mg	360mg	103g	3g	23g	89g	58g	166mg
15mg	440mg	17g	13g	24g	1g	0g	83mg
10mg	320mg	42g	2g	7g	27g	0g	179mg
0mg	150mg	75g	3g	2g	64g	0g	179mg
15mg	150mg	89g	6g	10g	63g	0g	179mg
20mg	220mg	56g	2g	14g	49g	32g	83mg
20mg	270mg	38g	0g	10g	33g	20g	83mg
0mg	135mg	45g	7g	9g	29g	0g	83mg

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
0mg	25mg	43g	3g	1g	34g	0g	0mg
0mg	15mg	49g	5g	1g	41g	26g	0mg
15mg	105mg	49g	4g	11g	44g	19g	0mg
0mg	15mg	59g	4g	1g	49g	26g	0mg
0mg	10mg	47g	4g	1g	38g	26g	0mg
5mg	150mg	33g	2g	7g	27g	13g	0mg

Power Eats™

SIGNATURE TOAST



Egg & Avocado 🍳

Multigrain Bread, Avocado, Everything Bagel Seasoning, Hard Boiled Egg, Crushed Red Pepper, Garlic Chili Extra Virgin Olive Oil

LOADED TOASTS



Avocado Toast ❤️ 🍳

Multigrain Bread, Avocado, Everything Bagel Seasoning



Peanut Butter Toast 🥜

Multigrain Bread, Bananas, Peanut Butter, Strawberries, Blueberries, Honey



Chocolate Hazelnut 🍫

Multigrain Bread, Strawberries, Blueberries, Chocolate Hazelnut Drizzle, Purely Elizabeth® Granola



Loaded Peanut Butter Toast

PER SERVING	CALORIES	FAT CALORIES	FAT	SATURATED FAT
EGG & AVOCADO SIGNATURE LOADED TOAST	430	190	21g	4g
AVOCADO LOADED TOAST	350	130	14g	2g
PEANUT BUTTER LOADED TOAST	440	130	15g	2g
CHOCOLATE HAZELNUT LOADED TOAST	420	120	13g	2.5g
CHICKEN BITES (NO SAUCE)	140	45	5g	0.5g
EGG & CHEESE PROTEIN BOX	440	250	27g	11g
PEANUT BUTTER PROTEIN BOX	470	280	31g	11g

PROTEIN BOXES



Eggs & Cheese 🍷

Hard-Boiled Egg, Grapes, Colby Jack Cheese, Flax & Sea Salt Crackers, Salt & Pepper Packet



Peanut Butter & Fruit 🍷

Grapes, Colby Jack Cheese, Flax & Sea Salt Crackers, BBQ Seasoned Beef Stick, Honey Peanut Butter

CHICKEN BITES



Chicken Bites 🍷

Bite-sized pieces of freshly marinated boneless breast of chicken, expertly prepared to deliver delicious nutrition in every bite. Served with your choice of sauce.



Chicken Bites & Loaded Avocado Toast

CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS	CAFFEINE
175mg	860mg	45g	8g	16g	6g	5g	0mg
0mg	800mg	45g	8g	11g	6g	5g	0mg
0mg	540mg	65g	6g	15g	24g	13g	0mg
0mg	490mg	68g	8g	13g	27g	21g	0mg
65mg	400mg	3g	0g	20g	0g	0g	0mg
395mg	1040mg	30g	2g	22g	12g	2g	0mg
50mg	960	33g	2g	16g	14g	5g	0mg

Boost your smoothie.

ADD AN ENHANCER

Diet Down

Green tea extract **5 Cal**

Immune Support + Vitamin D

Vitamins D, C & E, zinc with shiitake mushroom powder, ginger **5 Cal**

Joint Health Enhancer With Collagen

Collagen type II calcium, vitamins C & D **0 Cal**

Gut Health

Probiotics 40 Billion CFUs, prebiotics & fiber **5 Cal**

Muscle Builder

100% pure creatine monohydrate, L-glutamine & taurine **0 Cal**

Fiber Blend

5g of soluble fiber **5 Cal**

Energy Boost

Rhodiola; stimulant-free **5 Cal**

Pure Recharge

Caffeine from green coffee bean & coffee berry, vitamin B12 **0 Cal**

Multivitamin

Vitamins C & E, B vitamins, & zinc along with other vital nutrients **5 Cal**

Super Grains

Gluten free grains including quinoa, flax, millet, chia, buckwheat & amaranth **20 Cal**

Metabolism Boost

Naturally derived caffeine **5 Cal**

ADD PROTEIN

Protein

Gladiator®, whey, organic plant-based, keto protein blend **20-70 Cal**

Ingredients with purpose.

NON-GMO FRUITS & ORGANIC VEGGIES



Bananas 60 Cal



Blueberries 45 Cal



Carrots 10 Cal



Organic Ginger
0 Cal



Organic Kale 5 Cal



Mangos 50 Cal



Raspberries 35 Cal



Organic Spinach 5 Cal



Strawberries 35 Cal



Pineapples 50 Cal



Avocado 120 Cal

EXTRAS



Califia Farms®
Almond Milk 10 Cal



Almonds 100 Cal



Butter Pecan
Ice Cream 130 Cal



Vanilla Frozen
Yogurt 70 Cal



Coconut Water
10 Cal



Cold Brew
Coffee 10 Cal



Espresso 15 Cal



100% Cocoa
15 Cal



Califia Farms®
Oak Milk 25 Cal



Greek Nonfat
Yogurt 45 Cal



Peanut Butter
250 Cal



Almond Butter
170 Cal



Acai Sorbet 60 Cal



Coconut Sorbet 60 Cal



Chia Seeds 70 Cal

We promise.

All our smoothies meet our Clean Blends Promise. For our full No-No List visit, www.SmoothieKing.com.

For our full No-No List visit, smoothieking.com. *No significant difference has been shown between milk derived from rBST-treated and non-rBST-treated cows.



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