FROZEN TREATS

treat yourself well®

OUR GRANOLA NOW CONTAINS ALMONDS!

SMALL	120-150	$4.59 (6 oz.)
REGULAR	190-250	$5.79 (12 oz.)
LARGE	280-370	$7.19 (16 oz.)
TAKE HOME	560-740	$13.99 (32 oz.)
TOPPINGS		$0.89 for one $0.69 each add

FRUIT + YOGURT PARFAITS

MIXED BERRY 280 cal. — $6.99 (16 oz.)
Strawberry, Blueberry, Banana, Granola & Frozen Yogurt

TROPICAL 320 cal. — $6.79 (16 oz.)
Mango, Pineapple, Banana, Granola & Frozen Yogurt

CREATE YOUR OWN! — $6.79 (16 oz.)
4 Toppings of Your Choice & Frozen Yogurt

ALL FRUIT PARFAIT $6.29
JUST FRUIT

COFFEE CHILLERS

Made with both smoothie and frappe lovers in mind.

Flavors: Mocha, French Vanilla, and Coffee

$5.99 16oz $6.79 24oz

POWERED BY Ganeden BC30 PROBIOTIC DIGESTIVE & IMMUNE HEALTH

Live & Active Cultures

*Meets National Yogurt Association Criteria for Live and Active Yogurt

POWER BOWLS

GET YOUR DAILY FILL OF GET UP AND GO.™

$13.99 each plus tax

#1 THE PINK BOWL
BASE BLEND: dragonfruit (pitaya), apple juice, banana
TOPPED WITH: granola, banana, blueberries
380 cals

#2 COCONUT ACAI BOWL
BASE BLEND: acai, cream of coconut, blueberries, banana
TOPPED WITH: granola, banana, pineapple
610 cals

#3 BERRIES & ACAI BOWL
BASE BLEND: acai, apple juice, blueberries, banana
TOPPED WITH: granola, banana, strawberries
410 cals

#4 THE HAWAIIAN BOWL
BASE BLEND: coconut, cream of coconut, banana
TOPPED WITH: granola, banana, pineapple, coconut
610 cals

THE PINK BOWL

THE HAWAIIAN BOWL

BERRIES & ACAI BOWL

#5 PB POWER BOWL
BASE BLEND: acai, banana, almond milk
TOPPED WITH: granola, banana, blueberries, peanut butter
490 cals

#6 CHOCO-NUT DREAM BOWL
BASE BLEND: acai, banana, almond milk
TOPPED WITH: granola, banana, strawberries, chocolate hazelnut spread
490 cals

#7 TOTALLY TROPICAL BOWL
BASE BLEND: acai, banana, almond milk
TOPPED WITH: granola, pineapple, mango, shredded coconut
430 cals

#8 CREATE YOUR OWN
BASE BLEND: Choose your base blend
TOPPED WITH: Up to 4 toppings
calories vary

SMOOTHIES

FRUIT & YOGURT

$6.99 16oz. | $8.19 24oz.

STRAWBERRY BANANA Strawberry, Banana, Yogurt	220/290 cal
POMEGRANATE Blueberry, Pomegranate Yogurt	270/360 cal
TROPICAL MANGO Mango, Pineapple, Yogurt	220/280 cal
TROPICAL PINEAPPLE Pineapple, Banana, Yogurt	290/360 cal

BODY BALANCE Pre- Boosted

$7.99 16oz. | $9.09 24oz.

BANANA PEANUT BUTTER PROTEIN Banana, Peanut Butter, Granola, Yogurt, Protein Boost	470/620 cal
STRAWBERRY ENERGIZER Strawberry, Banana, Yogurt, Energy Boost	230/290 cal
SUPER PEANUT BUTTER CUP Peanut Butter, Banana, Yogurt, Chocolate	450/600 cal
POMEGRANATE PROTECTOR Pomegranate Yogurt, Blueberry, Banana, Immunity Boost	310/400 cal

SMOOTHIE BOOSTERS

Immunity Boost	$0.69
Energy Boost	$0.69
High Protein Boost	$1.25

CREATE YOUR OWN!

$7.99 16oz. | $8.99 24oz.

OUR SMOOTHIES ARE SWEETENED WITH Pure Via All Natural Zero Calories Sweetner

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