

pwr  
fit

---

Don't be moody,  
drink a smoothie.



- smoothie bar -

**Choc Dream** . . . . . 8.8

*Cacao, chia seeds, cinnamon, cacao nibs, banana, chocolate protein, almond mylk*

**Antioxidant Hit** . . . . . 8.8

*Blueberries, vanilla protein, collagen, almond mylk*

**Tropical Paradise** . . . . . 8.8

*Mango, banana, lemon, vanilla protein, coconut mylk*

**Drink Your Greens** . . . . . 8.8

*Spinach, kale, Tropeaka Super Greens, banana, almond mylk, coconut water*

**Nutritious Kids** . . . . . 6.5

*Chocolate: Cacao, kids' Super Food powder, cacao nibs, banana, cow's milk*

*Strawberry: Berries, kids' Super Food powder, chia seeds, cow's milk*

**Extras**

**Proteins**

**Milks**

*Collagen . . . . + 3*

*Tropeaka Chocolate*

*House almond mylk*

*Protein . . . . + 3*

*Tropeaka Vanilla*

*Organic cow's milk*

*Almond butter . . . . + 3*

*Tropeaka Super Greens*

*Oat mylk*

*Peanut butter . . . . + 3*

*Whey*

*Coconut mylk*