

smoothies

protein powdersadd \$2.00 per scoop

bee pollen, spirulina or Super Foodadd \$2.00 per scoop

miami fruit smoothie

[seasonal fruits]

large quart 1/2 gallon

house smoothie \$9.95 \$17.95 \$25.95

strawberry, banana, golden pineapple and organic apple juice

combination fruit smoothies

[seasonal fruits]

large \$9.95 quart \$17.95 1/2 gallon \$25.95

- 1 blueberry & orange
- 2 blueberry, orange & strawberry
- 3 blueberry, orange & banana
- 4 blueberry & grape
- 5 blueberry, orange & lemon
- 6 mango, orange & cantaloupe
- 7 mango & organic peach
- 8 mango, banana & strawberry
- 10 cranberry, grapefruit & honey [juice]
- 11 grapefruit, orange & grape [juice]
- 12 cranberry, apple & orange [juice]
- 13 papaya & banana
- 14 papaya, mango & orange
- 15 papaya, mango & pineapple
- 16 pineapple & orange
- 17 pineapple, orange & strawberry
- 18 pineapple, orange & cantaloupe
- 19 pineapple, carrot & lemon
- 20 pineapple, carrot & banana
- 21 kiwi, grape & strawberry
- 22 kiwi, grape & lemon
- 23 kiwi, lime, lemon, orange & honey [high vitamin C]
- 24 kiwi, banana, strawberry & pineapple
- 25 grape & strawberry
- 26 grape, strawberry & orange
- 28 grape, orange & pineapple
- 29 grape, lemon, lime & orange

please note: numbers 9 & 27 are no longer available

all substitutions will be charged á la carte

A 20% gratuity will be added to all dine-in checks

smoothies

combination fruit smoothies

[seasonal fruits]

large \$9.95 quart \$17.95 1/2 gallon \$25.95

30 grape & cranberry [juice]

31 grape, lemon & strawberry

32 grape, cranberry & strawberry

33 grape, cranberry & honeydew

34 fresh coconut, organic whole milk, banana & carrot

35 strawberry, organic skim milk & honey

36 strawberry, banana, organic skim milk & honey

37 pineapple, orange, organic coconut milk & honey

38 fresh coconut, organic whole milk & carrot

39 grape, kiwi & lime

41 banana, cantaloupe, orange & honey

42 orange, mango, banana, pineapple & strawberry

44 cantaloupe, pineapple, banana, lemon & honey

45 banana, peach, organic milk & honey

46 grapefruit, kiwi & pineapple

47 banana, lemon & pineapple

48 watermelon, cantaloupe & honeydew [juice]

49 banana, orange & carrot

50 tangerine, orange & grapefruit [juice]

51 carrot & pear [juice]

52 pineapple, orange & fresh mint

54 pomegranate, tangerine & orange [market value] [juice]

55 carrot & organic apple

large \$10.95 quart \$18.95 1/2 gallon \$26.95

56 tangerine [high vitamin c]

large \$10.95 quart \$18.95 1/2 gallon \$27.95

57 one-way ticket to heaven [very high protein]

fresh cashews, fresh dates and low-fat organic soy milk

large \$10.95 quart \$18.95 1/2 gallon \$28.95

57a chocolate one-way ticket to heaven [very high protein]

fresh cashews, fresh dates, low-fat organic chocolate soy milk and banana

large \$10.95 quart \$18.95 1/2 gallon \$28.95

58 papaya, banana & organic almond milk

large \$9.95 quart \$17.95 1/2 gallon \$26.95

59 very berry

large \$11.95 quart \$19.95 1/2 gallon \$28.95

please note: numbers 40, 43 & 53 are no longer available

all substitutions will be charged à la carte

A 20% gratuity will be added to all dine-in checks