



Food for Fitness Café

Smoothie Menu

House Favorites

The Classic

apple juice, banana, blueberry, & strawberry

Kid: \$3.50 Med: \$4.50 Lg: \$5.50

The P B & J

soy milk, banana, strawberry, blueberry, whey protein, peanut butter, & yogurt

Kid: \$5.50 Med: \$7.00 Lg: \$7.75

They Call it "Mellow Yellow"

soy milk, banana, peach, mango, & bee pollen

Kid: \$4.00 Med: \$5.25 Lg: \$6.00

The Berry White

rice milk, raspberry, blueberry, yogurt, cashews, & honey

Kid: \$5.50 Med: \$7.00 Lg: \$7.75

The Super Green

soy milk, mango, strawberry, whey protein, flaxseed, & spirulina

Kid: \$5.25 Med: \$6.50 Lg: \$7.25

The Banana Bread

soy milk, banana, pecan, & cinnamon

Kid: \$3.50 Med: \$4.50 Lg: \$5.50

The Sweet-Tart

orange juice, banana, peach, raspberry, vitamin C, & whey protein

Kid: \$4.75 Med: \$6.00 Lg: \$6.75

The Tropical

orange juice, banana, mango, & pineapple

Kid: \$3.50 Med: \$4.50 Lg: \$5.25

Lemon Meringue Pie

rice milk, banana, peach, yogurt, whey protein, cinnamon, & lemon cod liver oil

Kid: \$5.50 Med: \$7.00 Lg: \$7.75

The Amy

orange juice, banana, blueberry, pineapple, & cashew

Kid: \$4.00 Med: \$5.25 Lg: \$6.00

The Fudge Monkey

soy milk, banana, peach, & organic chocolate syrup

try it with peanut butter!

Kid: \$4.00 Med: \$5.25 Lg: \$6.00

The Pina Colada

soy milk, pineapple, yogurt, & a dash of vanilla

Kid: \$4.50 Med: \$5.75 Lg: \$6.50

The Orange Judas

orange juice, soy milk, peach, banana, mango, yogurt, cashew & vanilla

Kid: \$4.75 Med: \$6.00 Lg: \$6.75

The Oiler

soy milk, banana, blueberry, peach, flaxseed, spirulina, & peanut butter

Kid: \$5.50 Med: \$6.75 Lg: \$7.50

The Endless Summer

apple juice, mango, pineapple & raspberry

Kid: \$3.75 Med: \$5.50 Lg: \$5.75

The Pick Me Up

rice milk, banana, peanut butter, espresso shot & ice to get you going!

Kid: \$4.50 Med: \$5.75 Lg: \$6.50

The Peach Cobblah

rice milk, orange juice, banana, peach, pecan, cinnamon & vanilla

Kid: \$4.00 Med: \$5.25 Lg: \$6.00

The CIA

rice milk, banana, mango, peach, & cashew

Kid: \$4.00 Med: \$5.25 Lg: \$6.00

Build Your Own

1

Choose the Size

Kid (8 oz) \$3.50

Medium (12 oz) \$4.50

Large (16 oz) \$5.50

2

Pick the Base

Apple Juice, Orange Juice

Soy Milk, Rice Milk, or 1% Milk

3

Choose 2 organic fruits in addition to banana

Strawberry Raspberry

Peach Pineapple

Mango Blueberry

add

Supplements

75¢

aloe vera juice

bee pollen

fish oil

honey

vanilla

yogurt

\$1.25

almonds

cashews

hazelnuts

hemp protein

peanut butter

flaxseed

pecans

spirulina

soy protein

vitamin C

\$3

org. blueberries for bananas

org. raspberries for bananas

Cherry Bomb!

apple juice, bananas, cherries, almonds, almond extract

Kid: \$4.75 Med: \$5.75 Lg: \$6.75

Substitutions are A-Okay!

premium organic ingredients - no fillers - no syrups



Food for Fitness Cafe

Beverage Menu



Organic Warm Drinks

*Choose or blend 1% milk, soy milk, rice milk, or half & half
Warm drinks can be served on ice*

Coffee

| | |
|--------------------------|--------|
| Medium (12 oz) | \$1.75 |
| Large (16 oz) | \$2.00 |
| Refill (or use your cup) | \$1.00 |

Americano

| | |
|---------------------|--------|
| Single Shot (12 oz) | \$2.00 |
| Double Shot (16 oz) | \$2.50 |

Espresso

| | |
|---------------|--------|
| Single (1 oz) | \$1.75 |
| Double (2 oz) | \$2.25 |

Cappuccino

| | |
|----------------|--------|
| Single (12 oz) | \$2.75 |
| Single (16 oz) | \$3.60 |
| Double (16 oz) | \$4.00 |

Macchiato

| | |
|--------|--------|
| Single | \$2.25 |
| Double | \$2.75 |

Latte

| | |
|----------------|--------|
| Single (12 oz) | \$2.75 |
| Single (16 oz) | \$3.50 |
| Double (16 oz) | \$4.00 |

Chai Tea Latte

| | |
|----------------|--------|
| Medium (12 oz) | \$3.25 |
| Large (16 oz) | \$4.25 |

Green Tea Latte

| | |
|----------------|--------|
| Medium (12 oz) | \$3.25 |
| Large (16 oz) | \$4.25 |

Mocha Latte

| | |
|----------------|--------|
| Single (12 oz) | \$3.25 |
| Single (16 oz) | \$4.25 |

Hot Chocolate

| | |
|----------------|--------|
| Medium (12 oz) | \$2.00 |
| Large (16 oz) | \$2.50 |

Hot Tea

| | |
|---------------|--------|
| Large (16 oz) | \$1.75 |
|---------------|--------|

Organic Cold Drinks

Organic Iced Tea

| | |
|----------------|--------|
| Medium (16 oz) | \$1.75 |
| Large (24 oz) | \$2.25 |

Organic Orange or Apple Juice

| | |
|----------------|--------|
| Small (8 oz) | \$1.75 |
| Medium (12 oz) | \$2.25 |
| Large (16 oz) | \$2.75 |

Organic Lemonade

A blend of Lemon, Strawberry, Blueberry, & Raspberry juices with honey on ice

| | |
|----------------|--------|
| Small (8 oz) | \$2.25 |
| Medium (12 oz) | \$2.75 |
| Large (16 oz) | \$3.25 |

add

Extras

75¢

flavored vanilla, hazelnut, & chocolate syrups
extra espresso shot

Our house drinks are prepared with reverse osmosis filtered water, using only the highest quality organic ingredients available.

Support your local coffee houses!