



SMOOTHIES

SM . RG . LG .

INCLUDES ONE FREE BOOSTER

FRESH-BLENDED

Wild Strawberry™ 270-510 cal

Strawberries blended with kiwi-lime sorbet & booster

Maui Mango™ 260-490 cal

Mango sorbet blended with mango, strawberries, bananas & booster

Tropical Therapy™ 360-610 cal

Pineapple and coconut blended with kiwi-lime sorbet & booster

Caribbean Craze™ 270-480 cal

Sorbet blended with strawberries, bananas & booster

Feelin' Peachy™ 250-470 cal

Peach sorbet blended with peaches, bananas, strawberries & booster

Mango Me Crazy™ 250-420 cal

Mango sorbet blended with mango, pineapple & booster

Make any of the
above 6 smoothies
LIGHT
with 1/3 less calories!



BOOSTERS 0-40 cal

ADD AN EXTRA BOOSTER .

- MET-Rx® Protein Powder • Mega Energy™

Jamaican Jammer™ 270-470 cal

Strawberries and bananas blended with fat-free GREEK yogurt & booster

Pom-Tastic™ 270-470 cal

Pom-Raspberry sorbet blended with peaches, strawberries & booster

Orange Sunrise™ 250-470 cal

Orange sherbet blended with pineapple, strawberries, bananas & booster

Purple Reign™ 270-480 cal

Blueberries blended with Pom-Raspberry sorbet, strawberries & booster

Peach On The Beach™ 240-420 cal

Peaches, strawberries and mango blended with orange sherbet & booster

Bangin' Berry™ 300-540 cal

Blueberries and bananas blended with Pom-Raspberry sorbet & booster

HIGH-PERFORMANCE

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Oh Kale!™ 260-460 cal

Delivers over 1½ servings of raw greens!

Organic Kale, spinach & 14 other raw greens blended with mango, pineapple and mango sorbet

Peanut Butter Protein™

450-820 cal 25g protein

Peanut butter, bananas, chocolate & fat-free GREEK yogurt blended with muscle-building MET-Rx® protein

Protein

Power-Up™ RG . LG .

560-880 cal 39g protein

Peanut butter, bananas, chocolate & fat-free GREEK yogurt blended with triple the muscle-building MET-Rx® protein



Yogurt

With live and active cultures

CUPS 190-240 cal

SM

RG

Up to three toppings

WAFFLE CONE 250 cal

With one topping

CAKE CONE 160 cal

FRO-YO BLASTS 370-600 cal

- Oreo® Overload™
- Cookie Dough
- M&M's®
- Reese's Pieces® & Peanut Butter

GRANOLA PARFAIT 400 cal

Yogurt layered with all natural granola and two toppings

INDULGENT SHAKES 400-540 cal

- Vanilla
- Strawberry
- Chocolate
- Oreo® Cream



Crêpes

Choose Golden or Multi-Grain Crêpe

SAVORY CRÊPES

Southwest

Grilled chicken breast, black beans, cheddar-jack cheese, romaine, salsa, tomatoes and chipotle ranch dressing *520 cal*

Pesto Chicken

Grilled chicken breast, provolone cheese, roasted red peppers, tomatoes, fresh baby spinach and pesto *350 cal*

Buffalo Chicken

Grilled chicken breast, bacon, romaine, tomatoes, Gorgonzola and buffalo ranch dressing *440 cal*

Fresh Tomato, Cheese & Basil

Tomatoes, provolone cheese, fresh basil, baby spinach, parmesan cheese and balsamic vinaigrette *360 cal*

Chipotle Ranch Turkey Melt

Oven roasted turkey breast, provolone cheese, romaine, tomatoes and chipotle ranch dressing *360 cal*

Fajita

Grilled chicken breast, onions and peppers, cheddar-jack cheese, romaine, tomatoes, salsa and sour cream *390 cal*

Chicken Caesar

Grilled chicken breast, romaine, tomatoes, parmesan & provolone cheese and Caesar dressing *390 cal*

Honey Mustard Chicken

Grilled chicken breast, tomatoes, romaine, cheddar-jack cheese and honey mustard *370 cal*

BREAKFAST CRÊPES (Served All Day)

Denver

Eggs, cheddar-jack cheese, roasted onions & peppers, salsa - choose sausage, turkey or bacon *480 cal*

Egg White Florentine

Egg whites, baby spinach, bacon, tomatoes and feta cheese *280 cal*

Sausage and Egg

Eggs, sausage, cheddar-jack cheese *500 cal*

DESSERT CRÊPES

HALF

FULL

Cheesecake Supreme

Cheesecake, strawberries, Nutella, whipped cream *370-460 cal*

Nutella® Supreme

Nutella, sliced bananas, strawberries, whipped cream *310-530 cal*