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

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™
560-880 cal 39g protein
Peanut butter, bananas, chocolate & fat-free GREEK yogurt blended with triple the muscle-building MET-Rx® protein

BOOSTERS 0-40 cal
ADD AN EXTRA BOOSTER .
• MET-Rx® Protein Powder • Mega Energy™
Yogurt

With live and active cultures

**CUPS** 190-240 cal

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
- Chocolate
- Strawberry
- 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

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

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

Nutella® Supreme
Nutella, sliced bananas, strawberries, whipped cream 310-530 cal