



## Green Smoothies

### Green Power

16oz \$6.30 24oz \$7.60

Organic spirulina, strawberries, pineapple, orange juice, honey.

### Orange Kale

16oz \$6.30 24oz \$7.60

Local kale, papaya, local banana, dates, orange juice

### Creamy Kale

16oz \$6.55 24oz \$7.85

Local kale, pineapple, local banana, whey protein, almond milk

### Matcha Coco

16oz \$6.55 24oz \$7.85

Local banana, matcha green tea, local kale, mango, coconut milk

### Tropical Kale

16oz \$6.30 24oz \$7.60

Local kale, mango, pineapple, organic chia seeds, organic apple juice



## Supercharged Smoothies

### Ruby Beet

16oz \$6.30 24oz \$7.60

Strawberries, pineapple, fresh local beet, honey, orange juice

### Cold Fighter

16oz \$6.30 24oz \$7.60

Strawberries, pineapple, orange juice, immunity booster, bee pollen, honey

### Berry Nuts

16oz \$6.55 24oz \$7.85

Blueberries, strawberries, local banana, roasted almonds, peanut butter, organic soymilk

### Lots of Nuts

16oz \$6.55 24oz \$7.85

Local banana, roasted almonds, walnuts, peanut butter, organic soymilk



## All Fruit Smoothies

### Lava Flow

16oz \$6.95 24oz \$8.25

Strawberries, pineapple, coconut milk, organic apple juice, honey

### Five Today

16oz \$6.95 24oz \$8.25

Local banana, papaya, pineapple, strawberries, mango, organic apple juice

### Kiwi Strawberry

16oz \$6.95 24oz \$8.25

Kiwis, strawberries, local banana, organic apple juice, honey



## Refreshing Smoothies

### Strawberry Banana

16oz \$5.95 24oz \$6.95 32oz \$9.95

Strawberries, local banana, organic apple juice, fat free yogurt, honey  
(Yogurt can be replaced w/STRAWBERRIES upon request)

### Peach Lychee

16oz \$5.95 24oz \$6.95 32oz \$9.95

Peach, pineapple, organic apple juice, lychee juice

### Pineapple Mango

16oz \$5.95 24oz \$6.95 32oz \$9.95

pineapple, mango, orange juice, honey

### Tropical Passion

16oz \$5.95 24oz \$6.95 32oz \$9.95

Passion fruit, pineapple, mango, organic apple juice

### Hibiscus Lemonade

16oz \$5.95 24oz \$6.95 32oz \$9.95

Strawberries, organic apple juice, lemon juice, hibiscus juice, honey

### Guava Strawberry

16oz \$5.95 24oz \$6.95 32oz \$9.95

Guava, strawberries, honey



## Speciality Smoothies

### Wild Berry

16oz \$5.95 24oz \$6.95 32oz \$9.95

Strawberries, blueberries, raspberry and blackberry puree

### Strawberry Mango

16oz \$5.95 24oz \$6.95 32oz \$9.95

Mango, strawberries, mango juice

### Li Hing Mui

16oz \$5.95 24oz \$6.95 32oz \$9.95

Li hing mui, pineapple, mango, organic apple juice, honey

### Avocado Peanut Butter

16oz \$6.25 24oz \$7.95 32oz \$10.95

Avocado, local banana, peanut butter, organic soymilk, whey protein

### Almond Coconut

16oz \$6.25 24oz \$7.95 32oz \$10.95

Roasted almonds, coconut milk, local banana, organic soymilk, honey

### Coco Ginger

16oz \$6.25 24oz \$7.95 32oz \$10.95

Local banana, local ginger, coconut milk, organic apple juice, honey

### Okinawan Sweet Potato

16oz \$6.95 24oz \$8.25 32oz \$11.50

Okinawan sweet potato, fat free yogurt, coconut milk, organic soymilk  
(Yogurt can be replaced w/BANANA upon request)

### Nutella Dipped Strawberry

16oz \$5.95 24oz \$6.95 32oz \$9.95

Nutella, strawberries, organic soymilk, chocolate chips, fat free yogurt, honey  
(Yogurt can be replaced w/BANANA upon request)



## Creamy Smoothies

### Lilikoi Cream

16oz \$5.95 24oz \$6.95 32oz \$9.95

Pineapple, passion fruit, organic soymilk, fat free yogurt  
(Yogurt can be replaced w/PINEAPPLE upon request)

### Orange Creamsicle

16oz \$5.95 24oz \$6.95 32oz \$9.95

Fresh orange, orange juice, organic soymilk, pineapple, fat free yogurt, honey  
(Yogurt can be replaced w/BANANA upon request)

### Peanut Butter Banana

16oz \$5.95 24oz \$6.95 32oz \$9.95

Peanut butter, local banana, organic soymilk, fat free yogurt, honey  
(Yogurt can be replaced w/BANANA upon request)

### Chocolate Smoothie (add peanut butter for \$1.50)

16oz \$5.85 24oz \$6.75 32oz \$9.90

Chocolate, fat free yogurt, chocolate chips, organic soymilk  
(Yogurt can be replaced w/BANANA upon request)

### Matcha Green Tea

16oz \$5.85 24oz \$6.75 32oz \$9.90

Organic soymilk, matcha green tea, fat free yogurt  
(Yogurt can be replaced w/BANANA upon request)

### Taro Haupia

16oz \$5.85 24oz \$6.75 32oz \$9.90

Organic soymilk, taro powder, fat free yogurt, coconut milk  
(Yogurt can be replaced w/BANANA upon request)

### Mango Swirl

16oz \$5.95 24oz \$6.95 32oz \$9.95

Mango, local banana, mango juice, organic soymilk