

Organic

SMOOTHIES

Vegan

16 OUNCES · \$8.25 EACH

CLASSIC

- 1 PINEAPPLE, STRAWBERRY, MINT, BANANA, COCONUT WATER
- 2 BANANA, CINNAMON, VANILLA, ALMOND MILK
- 3 BLUEBERRY, BANANA, ORANGE JUICE, COCONUT WATER
- 4 BANANA, PEANUT BUTTER, DATES, ALMOND MILK

Extras (+1.00)

Ground Flax Seeds, Hemp Hearts, Chia Seeds, Goji Berries, Agave, Dates, Kale, Spinach, Ginger, Protein Powder

RECOVERY

- 5 KALE, PEANUT BUTTER, BANANA, CHIA SEEDS, CINNAMON, EPIC VANILLA LUCUMA PROTEIN, ALMOND MILK
- 6 BLUEBERRY, STRAWBERRY, BANANA, EPIC VANILLA LUCUMA PROTEIN, CHIA SEEDS, ALMOND MILK
- 7 AVOCADO, SPINACH, PINEAPPLE, BANANA, HEMP SEEDS, COCONUT WATER
- 8 BANANA, TURMERIC, CINNAMON, GINGER, ALMOND MILK, COCONUT WATER

GREEN

- 9 KALE, SPINACH, BLUEBERRY, BANANA, ALMOND MILK
- 10 BASIL, SPINACH, PINEAPPLE, LEMON ZEST, BANANA, COCONUT WATER
- 11 SPINACH, CUCUMBER, ORANGE JUICE, BANANA, CINNAMON, ALMOND MILK
- 12 AVOCADO, PINEAPPLE, MINT, LIME, COCONUT WATER

Menu created with

MIDDLEBERG NUTRITION
NUTRITION & HEALTH CONSULTING
120 EAST 86TH ST • NEW YORK CITY

NUTRITIONAL INFORMATION

	CALORIES	PROTEIN (G)	CARBS (G)	TOTAL FAT (G)	FIBER (G)	SUGARS (G)	SODIUM (MG)	BENEFITS
#1	220	2	56	0.5	7	35	55	antioxidant + skin rejuvenation + anti inflammatory + energy
#2	250	3	55	3.5	6	32	150	calming + lower cholesterol + anti inflammatory + muscle recovery
#3	260	3	64	1	5	44	65	antioxidant + antibacterial + immunity + hydration
#4	530	12	81	22	9	51	160	energy + cognition + antioxidant + heart healthy
#5	420	22	56	17	15	25	180	muscle recovery + bone health + hydration + electrolyte balance
#6	340	16	60	8	13	33	150	antioxidant + heart health + hydration + muscle recovery
#7	400	10	53	20	10	29	90	cholesterol lowering + bone health + antioxidant + skin rejuvenation
#8	210	3	45	4.5	5	25	180	anti inflammatory + digestive aid + promotes circulation + antiviral
#9	240	6	51	4.5	8	30	200	antioxidant + anti inflammatory + energy + high fiber
#10	190	3	48	0.5	5	30	75	hydration + digestive aid + promotes circulation + antibacterial + energy
#11	190	4	44	2.5	5	27	100	hydrating + debloating + immunity + digestive aid
#12	220	2	33	11	9	18	65	anti inflammatory + digestive aid + antioxidant + hydrating + immunity