



SMOOTHIES

12oz. \$3.75 16oz. \$4.25 24oz. \$4.75

Mango Mania

Orange juice, non-fat plain yogurt, mango, peaches, ice.

Berry-Licious

Raspberry juice, non-fat plain yogurt, strawberries, raspberries, blueberries, ice.

Strawberry Harmony

Apple juice, strawberry juice, non-fat plain yogurt, strawberries, bananas and ice.

Bionic Bod

Pineapple juice, non-fat plain yogurt, strawberries, blueberries, bananas and ice.

Tonic Calorie Burner

Kiwi juice, strawberries, peaches, sorbet, non-fat plain yogurt, slim protein, ice.

Very Berry

Orange juice, blueberries, strawberries, raspberries, non-fat plain yogurt, ice.

Banzai Berry

Apple juice, strawberry juice, blueberries, bananas, raspberry sorbet, non-fat plain yogurt, coconut sorbet, ice.

Sunriser

Strawberries, bananas, non-fat plain yogurt, soy milk.

Coco Bay

Pineapple juice, bananas, non-fat plain yogurt, coconut sorbet, ice.

Tonic P.B.

Proto Whey Protein, low-Fat chocolate milk, peanut butter, banana and ice.

NON-DAIRY SMOOTHIES

Cold Eraser

Proto Whey Protein, orange juice, peaches, bananas, orange sherbet, vitamin C, ice.

Morning Fighter

orange juice, bananas, Agave nectar, raspberries, Echinacea and ice.

Soy Triage

Proto Whey Protein, soy milk, strawberries, bananas, ice.

Razzle Dazzle

raspberry juice, strawberries, bananas, orange sherbet, ice.

Hawaiian Rainbow

orange juice, blueberries, strawberries, pineapple sherbet, ice.

Cirtus Sunshine

orange juice, pineapple juice, strawberries, bananas, orange sherbet, ice.

Peachy Keen

a whirl of peach juice, peaches, bananas, orange sherbet and ice.

Mango Mania

Passion fruit mango juice, mango pineapple sherbet, ice.

Exotic Matcha Green Tea

Proto Whey Protein, soy milk, pineapple sherbet, ice.



FRESH SQUEEZED JUICES:

*Orange*Apple*Pineapple*Watermelon*Beet*Carrot*Celery

SANDWICHES

All include lettuce, tomato, cucumber, mayonnaise, mustard. Your choice of wheat, sourdough or white bread and avocado.

Roast Beef Sandwich (no choice of avocado) \$6.75

Ham Sandwich (no choice of avocado) \$6.00

Turkey Breast Sandwich (with or without avocado) \$6.00

Chicken Breast Sandwich (with or without avocado) \$6.00

Tuna Salad Sandwich (with or without avocado) \$6.00

SALADS

All include your choice of dressings

Chicken Cesar Salad \$6.50

Tuna Garden Salad \$6.50

Oriental Turkey Salad \$6.50