

Green Monster 8 oz \$4/16 oz \$6/32 oz \$9

Spinach, cucumber, apple, & avocado

Sweet Green 8 oz \$4/16 oz \$6/32 oz \$9

Spinach, banana, mango, & avocado

Every Green 8 oz \$4/16 oz \$6/32 oz \$9

Spinach, avocado, celery, & cucumber

Paradise 8 oz \$4/16 oz \$6/32 oz \$9

Strawberry, banana, & kiwi

“What’s up doc” 8 oz \$4/16 oz \$6/32 oz \$9

Carrot, kiwi, & mango

Purple People Eater 8 oz \$4/16 oz \$6/32 oz \$9

Blueberry, apple, banana, & strawberry

Berry Beet 16 oz \$7/32 oz \$10

Blueberry, beet, banana, carrot, ginger, & blood orange

Very Berry 8 oz \$5/16 oz \$7/32 oz \$10

Blackberry, raspberry, blueberry, & strawberry

Honey Bear 8 oz \$5/16 oz \$7/32 oz \$10

Blueberry, banana, local honey, & peanut butter

Evona 8 oz \$4/16 oz \$6/32 oz \$9

Blueberry, mango, & pineapple

Vita High 8 oz \$5/16 oz \$7/32 oz \$10

Peach, apple, grapes, & coconut water

Hydro Whoa 8 oz \$4.50/16 oz \$6.50/32 oz \$9.50

Watermelon, kiwi, grapes, & coconut water

Wowza 8 oz \$4/16 oz \$6/32 oz \$9

Blueberry, apple, lemon, & Ginger

Red Tango 8oz \$4/16oz \$6/32 oz \$9

Mango, Strawberry, & Cranberry

Cranberry Sunrise 8oz \$4/16 oz \$6/32 oz \$9

Cranberries, orange, & banana

Strawberry Banana 8 oz \$4/16 oz \$6/32 oz \$9

Strawberry & banana **Make it just strawberry add \$0.75**

Tropical Twist 8 oz \$4/16 oz \$6/32 oz \$9

Mango, pineapple, & banana

Pineapple Oasis 8 oz \$5/16 oz \$7/32 oz \$10

Pineapple, blood orange, & coconut water

Refresher 8 oz \$5/16 oz \$7/32 oz \$10

Watermelon, cucumber, ginger, & coconut water

Bloat Be Gone 16 oz \$6/32 oz \$8

Cucumber, banana, ginger, & almond milk

Simply Fresh 8 oz \$4/16 oz \$6/32 oz \$9

Papaya, banana, mint leaves, & mango

Smooth Jack 8 oz \$6/16 oz \$8/32 oz \$11

Jack fruit & banana

Chocolate PB Ape 16 oz \$6.75/32 oz \$9.75**

Cocoa, Peanut butter, banana, & 1 shot whey

PB&G 16 oz \$6.75/32 oz \$9.75**

Grape, peanut butter, chia seeds, & 1 scoop whey

Green Jack 16 oz \$8.89/32 oz \$11.89**

Spinach, jack fruit, banana, & 1 shot whey protein

Banana Caramel Latte 16 oz \$6.75/32 oz \$9.75**

1st Phorm Caramel Latte protein, bananas, & organic coffee

Pumpkin Spice 16oz \$7/32 oz \$10**

1st Phorm Pumpkin spice latte protein, apple, pear, almond slices, & almond milk

Cinna-Pear 16 oz \$7/32 oz \$10**

Cucumber, pear, cinnamon, almond slices, 1 scoop whey & almond milk

**whey built into smoothie can switch to vegan on some for an upcharge \$0.75

Produce is kept separate so we can accommodate any change to the smoothies

Smoothie options

Peanut butter options- Fresh ground

Liquid options- 2% milk, almond milk, & green tea

Coconut Milk \$1 more

Coconut Water \$1 more

Make it a full meal replacement

Add 1 shot 100% whey 24g protein \$2

Add 2 shots 100% whey 48g protein \$3.75

Epic Vegan 28g protein 1 shot \$2.75

Add ons

Elderberry Honey \$0.75

Elderberry Immune Syrup with Aronia \$1.30

Elderberry immune shot \$3.99

Chia Seeds \$0.50

Fruit add in \$0.50

Local Honey \$0.70

Collagen \$2

MCT Oil \$0.75

Ginger \$1 each

Flax Seed \$0.50

Ashwagandha \$0.75

Turmeric \$0.50

Spinach \$0.50