> Juice-Based Blenders

A 12 or 24-ounce blend of delicious ingredients that starts with 100% juice and is as refreshing as it is healthy.

The Original
Fresh orange juice, strawberries, banana, non-fat frozen yogurt

The 50/50
Fresh orange juice, orange sherbet, non-fat frozen yogurt.

The Orange Banana
Fresh orange juice, banana, non-fat frozen yogurt

The Red Orange
Fresh orange juice, raspberry juice, strawberries, non-fat frozen yogurt, raspberry sherbet

The Blue Orange
Fresh orange juice, strawberries, blueberries, non-fat frozen yogurt

The Orange Plus
Fresh orange juice, apple juice, peaches, blueberries, non-fat frozen yogurt

The Blue Apple
Apple juice, blueberries, banana, non-fat frozen yogurt, raspberry sherbet

The Strawberry
Apple juice, strawberries, banana, non-fat frozen yogurt

The Cranberry
Cranberry juice, blueberries, non-fat plain yogurt, raspberry sherbet

The Raspberry
Raspberry juice, strawberries, banana, non-fat frozen yogurt, raspberry sherbet

The Berries Plus
Raspberry juice, apple juice, strawberries, blueberries, non-fat frozen yogurt, raspberry sherbet

The Peach
Peach juice, peaches, banana, non-fat frozen yogurt, orange sherbet

The Carrot
Fresh carrot juice, ice milk (add cinnamon)

Tropical Guava
Guava juice, strawberries, banana, non-fat frozen yogurt, pineapple sherbet

Tropical Mango
Mango juice, peaches, banana, non-fat frozen yogurt, orange sherbet

The Red Mango
Mango Juice, Non-Fat Frozen Yogurt, Orange Sherbet, Banana and Strawberries

Tropical Pineapple
Pineapple juice, fresh O.J., peaches, banana, pineapple sherbet (add coconut)

The Red Pineapple
Pineapple juice, strawberries, banana, pineapple sherbet

The Pina Colada
Pineapple juice, non-fat milk, coconut, ice milk, pineapple sherbet

The Strawberry Colada
Pineapple juice, strawberries, coconut, pineapple sherbet, ice milk,

Build-a-Blender
Your own combo of juice, fruits & non-fat frozen yogurt, ice milk, or sherbet

> Milk-Based Blenders

A 12 or 24-ounce blend of flavorful ingredients that starts with non-fat milk and is as tasty as it is healthy.

The Banana
Non-fat milk, banana, ice milk (add chocolate or carob)

The Red Banana
Non-fat milk, strawberries, banana, ice milk

The Blue Banana
Non-fat milk, blueberries, banana, ice milk

The Coffee
Non-fat milk, coffee, ice milk (add banana)

The Mocha
Non-fat milk, coffee, chocolate (or carob), ice milk (add banana)

The Peanut Butter
Non-fat milk, peanut butter, banana, ice milk (add chocolate or carob)

The Date
Non-fat milk, sweet dates, ice milk

A 12 or 24-ounce blend of yummy ingredients, often originally created by our customers, that is unique and memorable.

Acai Energy Blender
Apple juice, Brazilian acai, strawberries, banana, non-fat frozen yogurt.

Blue Pomegranate
Pomegranate juice, non-fat frozen yogurt, raspberry sherbet, banana, & blueberries

Green Tea Blender
Soy milk, matcha green tea, ice milk

The Apple Pie
Apple juice, fresh apples, cinnamon, non-fat frozen yogurt

The Red Apple
Apple Juice, non-fat frozen yogurt, raspberry sherbet, banana and strawberries

The Purple Banana
Non-fat milk, strawberries, blueberries, banana, ice milk

Tropical Fuzz
Guava, mango & orange juice, pineapple sherbet, orange sherbet, peaches, strawberries (coconut optional)

The Iced Mocha
Non-fat milk, coffee, chocolate (or carob), non-fat frozen yogurt, ice.

The Red Cranberry
Cranberry Juice, Yogurt, Raspberry Sherbet, Ice Milk and Strawberries

The Raspberry 50/50
Raspberry Juice, Non-Fat Frozen yogurt and Raspberry Sherbet

The PB & J
Cranberry Juice, Plain Yogurt, Peanut Butter, Raspberry Sherbet and Blueberries

The Betterfinger
Carrot Juice and Peanut Butter

The Carrot Orange
Fresh carrot & orange juice, orange sherbet, ice milk

The Pumpkin Pie
Non-fat milk, pumpkin, cinnamon, ice milk

The Vanilla Blender
Non-fat milk, ice milk

The Chocolate Blender
Non-fat milk, chocolate, ice milk

Peaches N' Cream
Peach Juice, Ice Milk, Orange Sherbet and Peaches

* **Candy Cane**
Non-fat milk, candy canes and ice milk

* **The Lemon Meringue**
Lemon juice, non-fat milk, ice milk

* **The Eggnog**
Eggnog, non-fat milk, cinnamon, nutmeg, ice milk

*Seasonal

Wheatgrass

1 oz. $1.50 | 2 oz. $2.75

Wheatgrass is simply the young grass shoots of the red winter wheatberry. Due to its fibrous nature, wheatgrass is indigestible to humans, which is why we juice the grass.

Wheatgrass contains at least trace amounts of every amino acid, vitamin, and mineral necessary for human nutrition, making it one of the few actual "whole foods." Wheatgrass is so nutrient- rich, in fact, that one ounce of fresh wheatgrass juice is equivalent in nutritional value to 2.5 pounds of vegetables. Ounce for ounce, it has more vitamin C than oranges and twice the vitamin A of carrots. Wheatgrass juice is also 70% chlorophyll, which works to increase the body's resistance to illness and aids in the natural cleansing process. Wheatgrass also contains enzymes which help in the digestion and metabolization of nutrients, and abscisic acid, which is known for its anti-tumor activity. Wheatgrass is quite simply one of the healthiest things you can put in your body. Please see our in-store literature for a comprehensive discussion of the amazing health benefits of wheatgrass.

Fresh Juices

12 oz. $3.00 | 24 oz. $4.25

Orange
Carrot/Orange
Carrot
Carrot/Apple
Apple
Apple/Lemon
Apple/Orange

V-6 Vegetable Juice

Tomato, carrot, parsley, celery, red onion, garlic

12 oz. $3.25 | 24 oz. $4.50

>Acai Bowl

Acai Bowl

Organic Sambazon Acai blended up super thick with strawberries, banana, and a splash of apple juice. Topped with granola, sliced bananas and a touch of honey.