



## Temporary Menu

# LINDSAY'S SMOOTHIES & SHAKES

### MUSCLE BUILDERS

16oz 32oz

**BERRY BLAST** – Strawberry, Blueberry, Raspberry, Vanilla Protein, Turbinado **5.99, 7.99**

**MOCHA LOCA** – Fresh brewed Coffee, Chocolate Protein, Whole Grain Oats, Frozen Yogurt, Turbinado, [Peanut Butter Optional] **\*available in 32 oz only** **7.99**

**MUSCLE BEACH** –Orange, Pineapple, Banana, Coconut, Vanilla Protein, Turbinado **5.99, 7.99**

**TERMINATOR** – Banana, Peanut Butter, Chocolate or Vanilla Protein, Oats **5.99, 6.99**

### LITES

**LINZ LITE** – Almond Milk, Banana, Chocolate Protein, Powdered Peanut Butter **5.99, 7.99**

**MOCHA LITE** – Almond Milk, Banana, Cappuccino Protein, Peanut Butter  
**\*available in 16 oz only** **5.99**

**STRAWBERRY BURN** – Strawberry, Pineapple, Vanilla Protein, Turbinado **5.99, 7.99**

### SPECIALTY

**CHOCOLATE MINT SUPREME** – Oreos, Peppermint, Chocolate Syrup, Chocolate Protein, Fat Free Milk, Frozen Yogurt **\*available in 16 oz only** **5.99**

**CHUNKY MONKEY** – Banana, Peanut Butter, Graham Crackers, Low Fat Oreos, Chocolate Protein, Fat Free Milk, Turbinado **5.99, 7.99**

**STRAWBERRY BANANA** – Strawberry, Banana, Vanilla Protein, Turbinado  
**\*Add Peanut Butter: \$.50** **5.99, 7.99**

### GREEN

**GROOVY GREEN** – Spinach, Grapes, Banana, Fat Free Yogurt, Apple **5.99, 7.99**

**LEAN GREEN** – Kale, Collard Greens, Apple Juice, Banana, Apple, Dates, Lemon Juice **5.99, 7.99**

**TROPI-CORAL** – Spinach, Apple Juice, Banana, Pineapple, Coconut **5.99, 7.99**

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### ADD-INS:

Almond Milk, Coconut Milk, Peanut Butter, Glutamine, Creatine, Extra Scoop of Protein, PB-2 Powdered Peanut Butter \$1

Whey Protein Isolate (per scoop) \$1

Wheat Grass Shot \$3

### FRUIT:

Apple, Banana, Blueberry, Coconut, Mango (seasonal), Orange, Pineapple, Raspberry, Strawberry