



Smoothie and Salad Bar®

LOCATED AT THE
GATEWAY CENTER | SIEGEL CAFÉ



GRAB & GO

ALSO AVAILABLE AT
THE VIKING CAFÉ

blendsmoothiebar.com

@blendsmoothiebar

**FRESH ALL NATURAL
SMOOTHIES**

& More!



SMOOTHIES

\$6.99

*Fresh all natural
Smoothies!*



BANANA BERRY

Strawberry, Banana,
Nonfat Vanilla Yogurt

LOVE MY BODY

Orange, Mango, Pineapple,
Nonfat Vanilla Yogurt

PEANUT BUTTER DELIGHT

Peanut Butter, Banana,
Strawberry, Apple, Almond Milk

GREEN MACHINE

Banana, Apple, Kale,
Spring Water

JUICES

\$7.79

DAILY DETOX

Carrot, Cucumber,
Apple, Ginger, Lemon

FAT BURNER

Cucumber, Celery,
Apple, Ginger, Lemon

SUPER VEGGIE

Beet, Kale, Spinach,
Pineapple, Carrot

VERY GREEN

Cucumber, Celery,
Apple, Spinach, Kale

METABOLISM BOOSTER

Apple, Carrot, Lemon,
Ginger, Cayenne Pepper

TROPICAL DREAM

Carrot, Apple, Pineapple

LEMONADE

\$4.99

HAWAIIAN BLUE

Blue Majik Spirulina

MINTY BLUE

Lemonade, Fresh Mint
Leaves, Blueberries

STRAWBERRY KIWI

Strawberry, Kiwi

ORIGINAL LEMONADE

SEAMOSS LEMONADE

WELLNESS SHOTS 2 oz.

\$4.99

WHEATGRASS

Juiced Wheatgrass (1 oz. for \$2.99)

GINGER WELLNESS

Lemon, Ginger Root, Turmeric

INFLAMMATION REDUCER

Cherry Concentrate,
Ginger Root, Turmeric

TURMERIC

Orange, Turmeric,
Cayenne Pepper

COLD REMEDY

Juiced Wheatgrass,
Lemon, Ginger Root

PROTEIN SHAKES

\$8.49

Served with your choice of Whey, Plant Based

PEANUT BUTTER BANANA

Peanut Butter,
Banana, Almond Milk

COFFEE SHAKE

Coffee, Banana,
Nutella, Almond Milk

SNICKER SHAKE

Banana, Chocolate Chips,
Peanut Butter, Almond Milk

PEANUT BERRY

Peanut Butter, Banana,
Blueberry, Almond Milk

SPINACH SHAKE

Spinach, Banana,
Peanut Butter, Almond Milk

*Snickers
Shake!*



BOWLS

\$11.99

Choose Base: Acai, Coconut, Mango-Pineapple

NUTELLA

Granola, Banana,
Strawberry, Nutella

BLEND ORIGINAL

Granola, Banana,
Strawberry, Honey

FLATBREAD SANDWICHES \$8.49

CHICKEN BACON RANCH

Breaded Chicken, Bacon, Ranch
Cheddar, Spinach

THE CAPRESE

Spinach, Pesto, Mozzarella, Tomatoes



OATMEAL BOWLS

\$5.99

BANANA SPLIT

Strawberry, Banana,
Nutella

BLUEBERRY MUFFIN

Blueberry, Walnut,
Peanut Butter

*Please tell us if you have a food allergy