

## HELP ME LOSE WEIGHT



### Energizer

24oz. 345 Cal/0/20 | 32oz. 440 Cal/0/20  
Strawberry, Banana, Whey Protein,  
Nonfat Milk, Multi-Vitamin, Energy, Fiber

### Fruity Supreme

24oz. 270 Cal/0/8 | 32oz. 360 Cal/0/8  
Strawberry, Banana, Nonfat Milk

### Island Breeze

24oz. 240 Cal/0/2 | 32oz. 300 Cal/0/2  
Strawberry, Papaya, Banana

### Just Peachy

24oz. 230 Cal/8/0/8 | 32oz. 260 Cal/0/8  
Peach, Strawberry, Papaya,  
Whey Protein

### Lean Body

330 Cal/2.5/40 (24 oz only)  
Choose One Flavor: Vanilla, Chocolate,  
Strawberry or Chocolate Peanut Butter

### Lean Out

24oz. 600 Cal/5/56 | 32oz. 900 Cal/9/67  
Banana, Peanut Butter, Whey Protein,  
Nonfat Milk

### Low Carb

Choose a Flavor, Whey Protein, Banana  
w/Flax  
24oz. 480 Cal/2/48 | 32oz. 515 Cal/2/48  
w/ Peanut butter  
24oz. 680 Cal/5/59 | 32oz. 715 Cal/5/59

### Orange Twister

24oz. 130 Cal/0/8 | 32oz. 130 Cal/0/8  
Orange, Banana, Whey Protein, Energy

### Pacific Splash

24oz. 240 Cal/0/3 | 32oz. 300 Cal/0/3  
Strawberry, Orange, Banana

### Pineapple Bliss

24oz. 185 Cal/0/1 | 32oz. 185 Cal/0/1  
Pineapple, Papaya, Orange, Banana

### Slim N Fit

24oz. 350 Cal/0/28 | 32oz. 420 Cal/0/28  
Choose a Flavor, Banana, Nonfat Milk,  
Whey Protein, Fat Burner

## BULK ME UP



### The Builder

1240 Cal/14/61 (32 oz only)  
Whey Protein, Peanut Butter, Banana,  
Chocolate, Gainer, Ice Cream,  
Nonfat Milk

### Mega Mass

24oz. 585 Cal/6/28 | 32oz. 680 Cal/6/28  
Choose a Flavor, Banana,  
Whey Protein, Ice Cream, Gainer

### Mini Mass

24oz. 470 Cal/6/21 | 32oz. 565 Cal/6/21  
Choose a Flavor, Banana, Whey Protein,  
Ice Cream

### Nutty Banana

24oz. 715 Cal/4/30 | 32oz. 1,100 Cal/8/40  
Banana, Peanut Butter, Whey Protein,  
Nonfat Milk

## NOURISH MY BODY



### Berry Berry

24oz. 390 Cal/0/9 | 32oz. 430 Cal/0/9  
Strawberry, Blueberry, Raspberry,  
Whey Protein

### Coconut Passion

24oz. 600 Cal/13/26 | 32oz. 660 Cal/13/26  
Coconut, Pineapple, Banana, Almonds,  
Whey Protein, Nonfat Milk

### Guava Sunrise

24oz. 388 Cal/0/14 | 32oz. 390 Cal/0/14  
Guava, Strawberry, Raspberry, Orange,  
Whey Protein

### Mango Mania

24oz. 290 Cal/0/7 | 32oz. 345 Cal/0/7  
Pineapple, Mango, Whey Protein

### Mocha Bliss

24oz. 525 Cal/1/34 | 32oz. 535 Cal/1/34  
Mocha, Chocolate, Almond Milk,  
Whey Protein, Nonfat Milk

### PB&J

24oz. 620 Cal/4/19 | 32oz. 960 Cal/8/30  
Strawberry, Peanut Butter, Blueberry,  
Marionberry, Raspberry, Whey Protein

### Peanut Passion

24oz. 550 Cal/4/19 | 32oz. 950 Cal/8/30  
Strawberry, Peanut Butter, Banana,  
Whey Protein

### Power Fuel

24oz. 525 Cal/1/42 | 32oz. 620 Cal/1/42  
Strawberry, Banana,  
Recovery, Whey Protein

### Rejuvenator

24oz. 335 Cal/0/20 | 32oz. 430 Cal/0/20  
Strawberry, Banana, Whey Protein,  
Nonfat Milk, Multi-Vitamin

### Tropical Paradise

24oz. 345 Cal/0/12 | 32oz. 345 Cal/0/12  
Pineapple, Kiwi, Orange, Banana,  
Nonfat Milk, Whey Protein

### Zesty Lemon

24oz. 420 Cal/6/17 | 32oz. 600 Cal/6/17  
Lemon, Strawberry, Ice Cream,  
Whey Protein

## 16 OZ. OPTIONS

Blueberry Blast 210 Cal/0/7  
Fruity Supreme 240 Cal/0/4  
Island Breeze 175 Cal/0/1  
Just Peachy 190 Cal/0/7  
Low Carb w/ Flax 275 Cal/1/24  
Low Carb  
w/ Peanut Butter 375 Cal/3/30

Mango Mania 160 Cal/0/6  
Nutty Banana 515 Cal/4/21  
Pacific Splash 170 Cal/0/2  
Peanut Passion 310 Cal/2/13  
Pineapple Bliss 110 Cal/0/1  
Raspberry Dream 225 Cal/0/8

### Calories / Saturated Fat / Protein

2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutrition information available upon request.

## GO GREEN



### Green Goddess

24oz. 200 Cal/0/3 | 32oz. 225 Cal/0/3  
Pineapple, Spinach, Apple, Banana,  
Soy Milk, Immunity

### Peaches & Greens

24oz. 510 Cal/0/10 | 32oz. 540 Cal/0/10  
Peach, Spinach, Banana,  
Almonds, Chia

### Vegan Dream

24oz. 330 Cal/0/12 | 32oz. 430 Cal/0/12  
Strawberry, Banana, Spinach,  
Vegan Protein, Chia

### Zip Zip

24oz. 230 Cal/0/23 | 32oz. 265 Cal/0/23  
Apple, Banana, Bee Sure, Soy Milk,  
Whey Protein

### The Emerald

24oz. 290 Cal/1/21 | 32oz. 360 Cal/1/21  
Strawberry, Banana, Kale/Spinach,  
Blueberry, Whey Protein

### w/ Peanut butter

24oz. 525 Cal/4/29 | 32oz. 595 Cal/4/29

## BOOST MY IMMUNE SYSTEM



### Marionberry Fuel

24oz. 370 Cal/0/9 | 32oz. 415 Cal/0/9  
Marionberry, Strawberry,  
Whey Protein

### Quick Start

24oz. 270 Cal/0/14 | 32oz. 375 Cal/0/14  
Strawberry, Orange, Whey Protein

### Blueberry Blast

24oz. 360 Cal/0/9 | 32oz. 400 Cal/0/9  
Blueberry, Strawberry, Whey Protein

### Raspberry Dream

24oz. 320 Cal/0/15 | 32oz. 390 Cal/0/15  
Raspberry, Strawberry, Whey Protein

### Cranberry Delight

24oz. 450 Cal/0/12 | 32oz. 615 Cal/0/12  
Cranberry, Banana, Nonfat Milk,  
Whey Protein

### Sambazon™

24oz. 420 Cal/1/8 | 32oz. 460 Cal/1/8  
Acai, Strawberry, Cranberry,  
Almond Milk, Whey Protein

### Eternal Energizer

24oz. 310 Cal/0/13 | 32oz. 310 Cal/0/13  
Pomegranate, Almond Milk, Cranberry,  
Blueberry, Whey Protein, Fiber

### Zone Zinger

24oz. 375 Cal/1/24 | 32oz. 475 Cal/1/24  
Strawberry, Papaya, Cranberry, Lemon,  
Whey Protein, Multi-Vitamin, Flax

### Immunity Nectar

24oz. 375 Cal/0/8 | 32oz. 495 Cal/0/8  
Strawberry, Cranberry, Banana,  
Whey Protein, Immunity

## BOOSTERS Give your smoothie an extra healthy boost by adding these premium quality ingredients.

**Acai** – Superfruit full of powerful antioxidants and healthy omegas. **110 Cal**

**Amino Acids** – Building blocks for the body. Builds cells, repairs tissue, helps form antibodies to combat invading bacteria & viruses. **15 Cal**

**Antioxidants** – Deactivate certain free radicals, help reduce risk of cancer, heart disease and stroke. **10 Cal**

**Bee Sure** – Super food that promotes total wellness. **25 Cal**

**Creatine** – Promotes efficient absorption of nutrients by enhancing body hydration. Proven benefits for anyone wanting to build more muscle. **0 Cal**

**Energy** – Full spectrum of vitamins and minerals plus ginseng to increase stamina and endurance. **0 Cal**

**Fat Burner** – Boosts metabolism and stimulates thyroid to optimally burn fat and curb appetite cravings. **5 Cal**

**Fiber** – Promotes a healthy digestive system, lowers cholesterol and reduces cardiovascular disease risk factors. **20 Cal**

**Flax Oil** – Increase body's metabolic rate, helps burn fat, boosts immunity and helps stabilize blood-sugar levels. **110 Cal**

**Gainer** – Packed with the nutrients needed to add pounds and develop a strong physique. **50 Cal**

**Glutamine** – Helps brain function, fatigue reduction and improves exercise endurance. Promotes healthy gastro intestinal tract and strengthens immune system. **0 Cal**

**Greens** – Kale and Spinach help support healthy skin function, blood vessels, bones and tissue. **20 Cal**

**Immunity** – Enhances the body's resistance power to fight back infections and disease. **15 Cal**

**Multi-Vitamin** – Supports metabolic pathway that produces optimum efficiency and performance. **10 Cal**

**Probiotic** – Increases absorption of nutrients in the digestive tract. **20 Cal**

**Recovery** – Comprehensive post-workout formula for accelerated recovery and muscle growth. **190 Cal**

**Vegan Protein** – Offers a quality alternative to dairy-based protein. **55 Cal**

**Vitamin C** – Important structural component of blood vessels, connective tissue and bone. **10 Cal**

**Whey Protein** – Pure, natural, high quality protein from cow's milk. **95 Cal**



**Emerald City Smoothie**  
126 SW 148th St # C170,  
Burien, WA 98166

[emeraldcitysmoothie.com](http://emeraldcitysmoothie.com)  
(206) 244-3005

## ABOUT US

Since 1996 we have been a leader in the health revolution. It's simple, great tasting smoothies made with the highest quality ingredients. Each one created with the goal of serving our customer superior nourishment for active healthy living. Looking for a meal that fuels your lifestyle? Look no further.

## ABOUT OUR PRODUCTS

Our smoothies, lean snacks and health products are organized to make the choice easy. Whether you want to boost your immune system or energy levels, to lose weight or build muscle, or if your goal is to maintain your health – we can help. Our smoothies are the perfect quick and energizing meal for people on the go.

# emerald city smoothie

# FUEL YOUR LIFESTYLE

*(delicious healthy smoothies)*

