

BUILD YOUR OWN SMOOTHIE

1 Choose a Flavor

	Banana
	Wild Berry
	Pina Colada
	Strawberry
	Mango
	Pomegranate
	Mocha
	Wild Berry Banana
	Strawberry Banana
	Chocolate Peanut Butter
	Chocolate Banana

2 Pick Your Fit

Energizer	Increase alertness & get going. Blended with energy boost & protein.
Fat Burner	Blend your flavor with protein & fat burning supplements.
Slim & Tone	Feel full and healthy. Blended with protein, fiber & fat burn boost.
Recovery	Assist the recovery process. Blended with protein & Glutamine.
Lean Body	Make muscle fibers stronger. Blended with protein & Creatine.
Pure Protein	40 grams of protein & essential vitamins blended with your flavor.
Monster Gainer	60 grams of protein blended with your favorite flavor.

3 Select a Size

Regular 16oz	\$4.50	Large 24oz	\$5.50
Regular 16oz	\$4.50	Large 24oz	\$5.50
Regular 16oz	\$5.00	Large 24oz	\$6.00
Regular 16oz	\$5.00	Large 24oz	\$6.00
Regular 16oz	\$5.00	Large 24oz	\$6.00
	Large 24oz	\$7.00	
	Large 24oz	\$8.00	



Elly's Hot Dogs

Before placing your order, please inform your server if a person in your party has a food allergy

4 Add Some Extras

Coconut Water	\$0.75
Energy Boost	\$0.50
Fat Burn Boost	\$0.50
Fiber Boost	\$0.50
Vitamin Boost	\$0.50
Glutamine Boost	\$1.00
Creatine Boost	\$1.00
Peanut Butter	\$1.00
Protein	\$1.50

