



26 Susie Wilson Road Suite D
Essex Junction, VT 05452
(802) 662-5910
Mon-Fri 7:30am-7pm Sat-Sun 9am-5pm

1860 Williston Rd Suite 4
South Burlington, VT 05403
(802) 497-2683
Mon-Fri 7:30am-7pm Sat 9am-5pm Sun 10am-5pm

All smoothies start with your choice of 24g whey protein or 21g vegan protein

- 6 pack** \$7
strawberry, peach, mango, blueberry, banana, pineapple & coconut
- berry blast** \$7
blueberry, strawberry, raspberry, blackberry
- big chill** \$7
coconut, papaya, peach, mango & banana
- buff banana** \$7
banana, honey, and a sprinkle of cinnamon
- butterfinger** \$7
tastes like the candy bar, and its sugar free!
- champlain sunrise** \$7
orange, papaya, banana, strawberry, pineapple
- cheesecake** \$7
choose a fruit, maple, or peanut butter
- cinnamon roll** \$7
cinnamon and honey, with or without oats.
- islander** \$7
strawberry, banana, pineapple and shredded coconut
- mud season** \$7
chocolate and more chocolate
- north beach** \$7
a key-lime pie on the go
- orange creamsicle** \$7
orange and vanilla
- rise & grind** \$7
coffee, chocolate & a touch of honey
- strawberry banana** \$7
your favorite classic

- peanut butter pie** \$7
peanut butter & chocolate
- thin mint** \$7
chocolate and mint like the cookie, and good for you too
- wedding cake** \$7
celebrate with pineapple and lime

Rehab \$10
the cure for everything. strawberry, banana, orange & grape, loaded up with multi-vitamins, vitamin c, and vitamin b-12 for energy

Recovery \$7
banana, blueberry, coconut & glutamine for your sore muscles

High Energy \$7

green mountain boy
a high energy blend of orange, grape, strawberry, banana. includes an energy shot or B-12 vitamin.

power punch
strawberry, pineapple, blackberry. includes an energy shot or B-12 vitamin.

802 energy
orange, raspberry, banana. includes an energy shot or B-12 vitamin.

Mass Monster \$7
make gains with peanut butter and banana, creatine, and 2 scoops of protein. choose chocolate or vanilla

\$1 Smoothie Add-Ins

B-12 Vitamin	Multi-Vitamin	Vitamin C
Creatine	Extra Protein	Glutamine
Fat-Burning Energy Shot		

We can also customize your smoothie with extra fruit, peanut butter, maple syrup, or oats. Ask about making our lower-carb options Keto with coconut oil!