DOWNTOWN GROUNDS
SMOOTHIE BAR

CREATE YOUR OWN SMOOTHIE

16 oz. $4.89 | 157-366 Cal
24 oz. $5.89 | 224-503 Cal

1. CHOOSE A BASE
- Almond Milk
- Soy Milk
- Orange Juice
- Apple Juice
- Pomegranate Juice
- Greek Non-Fat Yogurt (Plain or Strawberry)

2. PICK TWO FRUITS
- Strawberry
- Blueberry
- Peach
- Banana
- Pineapple
- Mango
- Raspberry

3. MAKE IT GREEN
- Wheatgrass
- Kale
- Spinach

4. GIVE IT A BOOST
- Add a scoop of protein
  - Chocolate Berry
  - Vanilla
  - $1.49

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