

## Smoothie Add Ins

Supercharge your Juice Joint smoothie with these nutritional add ins:

### Proteins and Almond Add Ins - \$1.50

- Egg White Protein - The Highest Bioavailability complete protein.
- Whey Protein - High Bioavailability and great tasting complete protein.
- Natural Almond Butter

### Performance Add Ins - \$1.00

- Creatine
- Glutamine
- Ultimate Recovery - Antioxidant Vitamins A, C and E plus Glutamine.
- Energizer - Bee Pollen, Gensing, Gotu Kola and Kola Nut.
- Burn Fat Burn - Supports Metabolism with a naturally occurring Caffeine.

### Healthy Add Ins - \$1.00

- Immune Support - A healthy dose of Vitamin C plus Echinacea, Golden Seal and BetaGlucan.
- Daily Essentials - Multivitamin Mineral boost.
- Natural Peanut Butter

### Healthy Add Ins - \$.75

- Ground Flax Seed
- Flax Seed Oil
- Fiber Blend - Keeps your pipes clean.

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# The JuiceJoint Smoothie Guide



Go ahead and treat yourself to the best tasting smoothies around, made from 100% crushed fruit, gourmet coffee and and chocolate blends, organic nut butters, and high quality specialty add-ins.

Delicious, nutritious, and zero guilt!

# Fruit Smoothies

## Dr. Smoothie Real Fruit Classics - \$4.00

Dr. Smoothie Classics are fruit, real fruit and nothing but the fruit. No added sugars or colors

- **Strawberry**
- **Strawberry Banana**
- **Blueberry Banana**
- **Four Berry Blend** - Strawberry, Blueberry, Blackberry and Raspberry
- **Mango**
- **Pina Colada**

## Recovery Smoothies - \$5.00

- **Strawberry Classic** - Strawberries and Banana
- **Berries Amore** - Four Berry plus a Banana
- **Pink Flamingo** - Strawberry Banana plus Protein
- **Mango Tango** - Mango, Banana and Strawberry
- **Hawaiian Harvest** - Pina Colada plus Banana
- **Peanut Butter Cup** - Peanut butter, Chocoholics Choice and Doctors Garden.
- **White Chocolate Peanut Butter Cup** - Peanut Butter, Vanilla Creme and Vanilla Whey

## Performance Smoothies - \$6.00

- **Breakfast Berry** - Four Berry, Whey Protein, Banana and Daily Essentials.
- **Peanut Butter Protein Cup** - Peanut butter, Chocoholics Choice and Chocolate Whey Protein.
- **Orange Creamsicle** - Just like you remember them, but ours features 40 grams of protein plus 5 grams of creatine & glutamine.
- **Body Builder** - 40 Grams of Vanilla Whey, 5 grams Creatine, Ultimate Recovery Blend, Vanilla Creme and fresh banana.
- **Java Jolt** - Mocha Java plus 20 grams Vanilla Whey.

# Specialty Smoothies

## Low Glycemic Smoothies - \$6.00

These smoothies are higher in protein, lower in sugar and designed for anyone trying to control blood sugar or insulin levels for health or weight loss.

- **Strawberry Dream** - Fresh Frozen Strawberries, 40 grams of Whey Protein, flax seeds and flax oil.
- **Very Berry Low Glycemic** - Mixed frozen berries, 40 grams of Strawberry Whey, flax seeds and flax oil.
- **Low Glycemic Peanut Butter Cup** - All Natural Peanut Butter, Aristocrat Cocoa, and 40 grams of Chocolate Whey.
- **Low Glycemic Mocha** - Aristocrat Cocoa and coffee blended with 40 grams of Chocolate Whey Protein.

## Paleo Smoothies - \$6.00

These smoothies are designed to fit into a paleo nutrition lifestyle in which only ancestral whole foods are consumed.

- **Paleo Almond Joy** - Aristocrat Cocoa, Natural Almond Butter, Natural Coconut, Egg White Protein, and Honey.
- **Paleo Blondie** - Natural Vanilla, Natural Coconut, Natural Almond Butter, Egg White Protein and Honey.
- **Paleo Very Berry** - Mixed frozen berries, Egg Protein, Honey, flax seeds and flax oil.

Make it a low sugar, low glycemic Paleo by substituting all natural stevia for the honey in any of the paleo smoothies.

# 100% FRUIT

s m o o t h i e



## Coffee and Tea - Sm \$1.50 / Lg \$2.00

- **Regular Coffee**
- **Decaf Coffee**
- **Black Tea**
- **Green Tea**
- **Add a scoop of Vanilla or Chocolate Whey to any coffee or tea to make it into a great 100 calorie protein snack for just \$1.50 more!**

## Coffeehouse Blends Smoothies or Hot Beverages - \$4.00

- **Truly Latte** - Dark Rich Colombian Coffee with Vanilla Creme.
- **Cocoa'ccino** - The finest dark roast Colombian Coffee complements a hint of Ghirardelli cocoa.
- **Mocha Java** - A blend of Colombian Coffees and Ghirardelli Chocolate.
- **Chocoholics Choice** - Think Frozen Hot Chocolate!
- **Vanilla Chai Tea** - The perfect blend of spices, Vanilla Creme and Black Teas.
- **Vanilla Milk Shake** - Non fat vanilla yogurt and vanilla whey.
- **Chocolate Milk Shake** - Non fat vanilla yogurt, chocolate whey and aristocrat cocoa.

## Specialty Coffeehouse Blends Smoothies / Hot Beverages - \$6.00

- **Green Tea Latte** - Soy milk Matcha Green Tea and Vanilla Whey,
- **Green Tea Mint** - Matcha Green Tea, vanilla whey, non fat vanilla yogurt, with Mint extract.
- **Chocolate Espresso** - Soy milk, Mocha Java, Truly Latte, Vanilla Whey.