

100% Crushed Fruit Smoothies

16oz	24oz	32oz
\$5.45	\$6.49	\$7.49

Classic Strawberry

There is nothing wrong with a classic. Fresh vine ripe Strawberry Blended with ice to perfection.

My | My Mango

Mangos, Mangos and more Mangos.

Pineapple Paradise

Pineapples, with a hint of banana and ice make this a frooties favorite.

4 Berry Bliss

Blueberries, Blackberries, Raspberries & Strawberry make up this berry creation. Watch out for a mouth full of flavor.

Peach Pear Apricot

This wonderful blend begins with a splash of peach, then hints of apricot ... and finishes with a light & clean pear taste.

Acci +++

100% pure fruit and juice contains a combination of Acai, Blackberry, Pomegranate and Blueberry. Acai Plus is a super-antioxidant cocktail that is high in protein, fiber, and Omegas 6 & 9.

Boost Blendz 1st Free | 2nd \$.49

- Vitamins & Mineral
- Ultimate Fiber
- Weight loss
- Creatine Monohydrate

Add one Boost Blendz to your smoothie free of charge.
Additional Boost Blendz are \$.49

Protein Power \$.99

- Whey Protein Concentrate
- Soy Protein 90% Isolate



Signature Smoothies

16oz	24oz	32oz
\$5.89	\$6.95	\$7.85

Orange It!

Orange Juice
Soymilk| Vanilla
Frooties Smoothie Base

Strawberry Banana Bonanza

Strawberries| Banana
Frooties Smoothie Base

Berry Berry Banana

Blueberries| Banana
Strawberries
Frooties Smoothie Base

Frooties Sun-Rise

Orange Juice
Strawberries| Banana
Frooties Smoothie Base

Peach Pear Apricot +

Peach| Pear
Apricot| Soymilk
Frooties Smoothie Base

Pineapple Upside Down Cake

Pineapples| Banana
Caramel Sauce
Frooties Smoothie Base

Strawberry Mango Madness

Strawberries|Mangos
Soymilk
Frooties Smoothie Base

Strawberry Banana Shortcake

Strawberries|Banana
Vanilla|Soymilk
Frooties Smoothie Base



Soups

Cup \$3.49	Bowl \$4.95
------------	-------------

Chili

Served everyday, make this part of your daily routine. This is a great choice for any meal.

Soup of the Day

Give us a call or stop by to check the soup of the day

Fresh & Delicious Gourmet Wraps

CHOOSE YOUR TORTILLA
Regular White • Whole Wheat • Spinach

\$5.99

Super Turkey & Cheese

Delicious turkey slices with swiss cheese, lettuce, fresh tomatoes with our ranch dressing.

Big Tuna Wrap

Generous portion of tuna with provolone cheese, lettuce, fresh tomatoes, onions and pickles.

Grilled Chicken Caesar

(Our Most Popular Wrap) Delicious hot grilled chicken breast with romaine lettuce, caesar dressing and parmesan cheese.

Go Vegetarian

Delicious boca burger patty with lettuce, onions, fresh tomatoes, pickles, black olives, our tasty italian dressing and mozzarella cheese.

Super Grilled Chicken Honey Mustard & Cheddar

Delicious hot grilled chicken breast with a blend of mild cheddar, lettuce, fresh tomatoes and honey mustard dressing.

Add chips and a cooler drink \$2.25

Add a smoothie get \$1.00 off

Bag of Chips \$1.25

Choose from a wide variety of delicious chips.

Cooler Drinks

See cooler for pricing & selections



Fresh Squeezed Juices

z \$4.95 Make it a 16oz for \$1.99 more

Carrot & apple juice.
Orange, carrot & NOS.
Orange Juice.
Apple & orange juice.
Carrot & orange juice.
Carrot, apple & ginger.



Coffee Blended Frapps

12oz	16oz	24oz
\$3.95	\$4.95	\$5.85

-Mo' Mocha -Java Chip
Vanilla Latte -Caramel Latte

Frooties Favorites

12oz	16oz	24oz
\$3.95	\$4.95	\$5.85

20 Below Frozen Hot Chocolate
Green Tea
Cookies & Cream
Chocolate Peanut Butter
Chocolate Peanut Butter Banana
White Chocolate Peanut Butter



Fit-Lyte

FINALLY, A DIP IN CALORIES

Under 200 Calories (16oz)

▲ fresh tasting reduced calorie smoothie with stevia in a white tea coconut water infusion, giving you antioxidants and electrolytes that your body craves.

12oz	16oz	24oz
\$3.95	\$4.95	\$5.85

Strawberry

Strawberries with stevia in a white tea coconut water infusion giving you antioxidants and electrolytes that your body craves.

My Mango

Mangos with stevia in a white tea coconut water infusion giving you antioxidants and electrolytes that your body craves.

Pineapple Paradise

Pineapples with stevia in a white tea coconut water infusion giving you antioxidants and electrolytes that your body craves.

Mixed Berries

Mixed Berries with stevia in a white tea coconut water infusion giving you antioxidants and electrolytes that your body craves.

Mix any combination to make your own Fit-Lyte creation

Place orders online or from your phone with our web-app



www.MyFrooties.com



Smoothies|Juices
Wraps|Soups



Inside Bayshore Mall's Food Court

Scan The QR Code To Order From Your Smart Phone



or call to order