

Frozen Coffee

Frozen Coffee Drinks	16 oz	20 oz
Caramel Delight Espresso and Caramel, milk, turbinado and ice	\$3.59	\$3.99
Chai Frappe Chai mix, milk, honey, turbinado, and ice	\$3.29	\$3.79
Frozen Apple Chai Chai mix, milk, Apple juice, honey, turbinado, and ice	\$3.49	\$3.99
Loco Coco Espresso mixed with cocoa, milk, turbinado and ice	\$3.59	\$3.99
Mocha Maven Non-coffee drink with cocoa, milk, turbinado and ice	\$3.59	\$3.99
Vanilla Bean Deluxe Espresso and vanilla bean, milk, turbinado and ice	\$2.79	\$3.22

Food Items

Whole Wheat Bagels	\$1.89
Gluten Free Bagels	\$1.99
Muffins — White Flour	\$1.89
Whole Grain Natural Muffin	\$2.49
Fresh Baked Scones	\$1.89
Fresh Baked Almond Butter	
Chocolate Chip Cookies	\$1.49
	Small Large
Oatmeal	\$1.89 \$2.49

Happy Hour
25% off drinks
Weekdays
3:30 pm - 5:30 pm

Tea

Premium Loose Leaf Tea	12 oz	16 oz	20 oz
Black Teas			
Earl Grey decaf Decaffeinated version of classic blend of black tea and Bergamot	\$1.89	\$2.79	\$3.74
Earl Grey Reserve (organic) Colorful spin on the classic black tea blend	\$2.19	\$2.99	\$3.84
Kama Chai Sutra Seductively flavorful blend of Indian black teas and spices	\$1.89	\$2.79	\$3.74
Kama Chai Sutra (organic) Seductively flavorful blend of Indian black teas and spices	\$2.19	\$2.99	\$3.84
NYC Breakfast Hearty blend of the world's best black teas form India, Sri Lanka, and Indonesia	\$1.89	\$2.79	\$3.74
Purity Detoxifying black tea with peppermint and ginger aka “hangover cure”	\$2.19	\$2.99	\$3.84
Oregon Chai Black tea, spices, and honey	\$2.19	\$2.99	\$3.84
Green Teas			
Pure Green Organic green tea with a naturally light, refreshing flavor	\$1.89	\$2.79	\$3.74
Decaf Green Decaffeinated version of a premium green tea from China	\$1.89	\$2.79	\$3.74
Genmai Cha Classic Japanese blend of roasted rice and green tea	\$1.89	\$2.79	\$3.74
Jasmine Dream (organic) Top-grade green tea meticulously perfumed with jasmine	\$2.19	\$2.99	\$3.84
Jasmine Phoenix Pearls Green tea that is meticulously hand-rolled and perfumed with jasmine	\$2.19	\$2.99	\$3.84
Lemongreen Refreshing blend of mellow green tea and zesty lemongrass	\$1.89	\$2.79	\$3.74
Matcha A powdered green tea used in Japanese Tea Ceremony	\$2.19	\$2.99	\$3.84
Pom Green Antioxidant-rich pomegranates combined with green tea	\$1.89	\$2.79	\$3.74
Summer Fruits Chinese green tea blended with apricot pieces and sunflower blossoms	\$1.89	\$2.79	\$3.74

All teas can be made hot or chilled.
(Chilling teas may require more wait time.)

(Tea for 2 and Tea for Table also available.)



Free app for QR reader!

Tea

Premium Loose Leaf Tea	12 oz	16 oz	20 oz
White Teas			
Great White Deliciously Subtle, powerfully healthy Pai Mu Tan white tea	\$1.89	\$2.79	\$3.74
Tropical Peony Fun, flavorful white tea with overtones of rose petal, pineapple bits and coconut shavings	\$1.89	\$2.79	\$3.74
White Blueberry Premium Chinese white tea with ultra-healthy blueberries, naturally sweet and low caffeine	\$1.89	\$2.79	\$3.74
Oolong			
Formosa Oolong Taiwanese oolong with complexity and strength	\$1.89	\$2.79	\$3.74
Grand Pouchong Lightly oxidized oolong tea with sweet aroma and complex flavor	\$1.89	\$2.79	\$3.74
Peachy Oolong Premium oolong flavored with peach pieces and sunflowers	\$1.89	\$2.79	\$3.74
Herbal			
After Dark Sweet & sour, caffeine & sugar-free chamomile/fruit blend. Featured in Harper's Bazaar as the new night cap	\$1.94	\$2.87	\$3.79
Cool Mint (organic) Premium peppermint herbal tea to soothe and refresh	\$2.19	\$2.99	\$3.84
Cranberry Muffin Tangy cranberry and sweet vanilla come together in this blend reminiscent of its namesake	\$1.94	\$2.87	\$3.79
Crimson Punch Sugar free, tangy fruit blend with blood orange & cranberry	\$1.94	\$2.87	\$3.79
Lemon verbena An herbal tea reminiscent of fresh lemon with a smooth, sweet finish	\$1.94	\$2.87	\$3.79
Rooibos Chai Red tea blended with Masala Chai spices, for the caffeine-sensitive	\$1.94	\$2.87	\$3.79
Rooibos Vanilla Organic red tea mixed with pure Madagascar Bourbon Vanilla	\$2.19	\$2.99	\$3.84
Royal Chamomile Classic calming herbal tea with sweet nuances of apple	\$1.94	\$2.87	\$3.79
Serenity Relaxing herbal blend of chamomile, rooibos, peppermint, and vanilla	\$1.94	\$2.87	\$3.79



A Complete Nutrition
Store
Full Smoothie,
Coffee, Tea Bar

8008 Abbeville

Lubbock, Tx 79424

806-771-5959

www.HEsmoothies.com



HEALTHY
essentials

Smoothies

Fruit Smoothies
(All smoothies are all fruit juice. No concentrates, no mixers, no fillers.)

12 oz (Kids)	16 oz	20 oz	32 oz
\$3.50	\$5.50	\$6.50	\$8.00

Blue Cherry Cherry, Blueberry, Strawberry, Orange juice	Pinedexter Pineapple, Peaches, Bananas, Orange Juice
Blue Mango Blueberry, Mango, Banana, and Orange and Coconut juice	Tango Mango Mango, Strawberries, Peaches, Orange Juice
Caribbean Wave Mango, Peach, Strawberry, Pineapple and Orange juice	Simply Divine Cherry, Strawberry, Orange juice
Cool Sensation Strawberries, Peaches, Banana, Apple Juice	Smart Tart Strawberry, Blueberry, Raspberry, Orange Juice
Mellow Yellow Peach, Banana, Mango, Apple and Coconut juice	Strawberry adventure Strawberries, Raspberry, Peach, Apple and Coconut juice
Mission Beach Cherry, Peach, Strawberry, Orange and Coconut juice	Strawberry Fields Blueberry, Strawberry and Banana Apple and Orange juice
Passion Peach, Pineapple, Mango, Orange and Coconut juice	Summer Breeze Strawberry, Blackberry, Raspberry, Blueberry and Apple juice
Peachy Professor Peaches, Banana, Orange Juice	Sweetheart Blueberry, Raspberry, Blackberry, Strawberry and Apple juice
Pineapple Paradise Pineapple, Banana, Orange and Coconut juice	Tropical Treaty Strawberry, Banana, Pineapple, Orange and Coconut Juice
Ideal McNeil Strawberry, Pineapple, White Chocolate, and Coconut	Upside Down Banana Pineapple, Banana, Honey, Coconut juice
Yaba Daba Do Peanut Butter, Banana, Chocolate, Milk	Berry chocolate Strawberry, Banana, Chocolate, Milk

Super Charged Smoothies (Add \$0.75)

Pomegranate Passion Banana, Strawberry, Cranberry, Pomegranate juice
Acai (ah-SIGH-ee) Blast Acai Berry, Strawberry, Banana, Apple Juice
Acai Pom Berry Blast Acai, Banana, Blueberry, Strawberry, Pomegranate juice

Smoothieceuticals

(smoothie-sue-ti-cals)

Organic Flax Seed
Rich in omega -3 essential fatty acids, magnesium, potassium and fiber. Good source of the B vitamins, protein and zinc. Contain no cholesterol. Can reduce pain, inflammation and swelling of arthritis. Found to lower blood cholesterol and triglyceride levels and to help reduce the hardening effects of cholesterol on cell membranes.

Spirulina powder
Spirulina is the second most nutritious food for humans after mothers milk. Spirulina is considered one of the most highly nutritional protein supplements available, and is also an excellent source of amino acids.

Local Honey
Highly concentrated source of many essential nutrients, including large amounts of carbohydrates (sugars), some minerals, B-complex, vitamins, and vitamin C, D and E. Honey is used to promote energy and healing. Used for sweetening other foods and beverages. Twice as sweet as sugar. Used for allergies when obtained from a local source

Chromium Picolinate
Assists in the process of regulating insulin. Chromium may also play a role in increasing HDL (the good cholesterol).

Creatine Magnesium Complex
The regular use of Creatine Magnesium Complex will help increase ATP levels, accelerate recovery, help prevent muscle cramps, and allow for more aggressive training and peak performance.

Micronized Creatine Monohydrate
Super micronized for greater absorption. Assists in the production of energy and muscle building process. Increases the synthesis of muscle protein and the formation of polyamines, which are powerful growth promoters. Used to enhance athletic performance and post-surgery recovery.

Pure Vitamin C 1650%
A fantastic anti-oxidant. One dose of our Vitamin C powder will give you 1,650% of the US Recommended Daily Allowance of Vitamin C.

Wheat grass juice powder
A rich source of vitamin A, B, C, E and other mineral elements. It purifies and detoxifies the body, and aids in metabolizing nutrients. Can be used in a smoothie or in 2 oz of cold water as a shooter

Ginkgo Biloba
Increases and normalizes circulation by relaxing the blood flow to the brain, thereby improving brain functions. May have antioxidant properties in the brain, the retina of the eye, and the cardiovascular system which may help prevent age-related decline in brain functions.

Premium Ginseng Blend
7% standardized Panax with Eleutherococcus senticosus. The active ingredients in natural ginseng are a unique class of bio-active natural compounds known as Ginsenosides. This blend of Eleutherococcus senticosus and stronger Panax Ginseng, is designed for maximum potency.

Bee pollen
Bee Pollen contains all necessary ingredients for life. It is often referred to as nature's only "perfect" food. It contains 18 amino acids, several essential minerals and trace minerals, natural enzymes and B-complex vitamins.

Smoothieceuticals

(smoothie-sue-ti-cals)

Antioxidant Blend
Our Antioxidant can help protect against oxidative damage and promote the growth of healthy cells. By fighting free radicals, it may increase immune function and possibly decrease the risk of infection. Features vitamin A, C & E along with rose hips, citrus bioflavonoids, hesperidin, rutin, lemon peel, orange peel.

Immunity Plus
Zinc, Echinacea and Vitamin C — excellent supplement for the immune system. A powerful blend of herbs, vitamins and minerals.

Multi-Vitamin and Mineral Blend
Provides 100% of the U.S. Recommended Daily Allowance of essential vitamins and minerals to maintain good health.

Weight Loss Blend
Rice Protein has a thermic effect on the body, meaning that it takes more energy to digest compared to carbohydrates or fat. By combining rice protein, dietary fiber, green tea extract, chromium picolinate, Garcinia cambogia and L-carnitine our Weight Loss Blend provides a fuller feeling along with a support in cellular metabolism for your healthy weight loss program.

Performance plus
The prime ingredient, Eleutherococcus senticosus helps the body respond to stress by supporting adrenal gland function, while improving oxygen utilization within muscle tissues. Performance Plus allows for longer workouts and faster recovery.

Rice protein
Rice Protein has a thermic effect on the body, meaning that it takes more energy to digest compared to carbohydrates or fat. By combining rice protein, dietary fiber, green tea extract, chromium picolinate, Garcinia cambogia and L-carnitine our Weight Loss Blend provides a fuller feeling along with a support in cellular metabolism for your healthy weight loss program.

Whey protein Concentration and Isolate – Vanilla
A healthy source of protein due to its superior bio - availability and optimal amino acid profile. Slight vanilla flavor and nicely balanced sweetness. Used to build and maintain muscle mass. Milk derivative.

Save 10% on orders

Bulk quantities

Call 806-771-5959

1 hour minimum prep time

24 hour notice required for orders larger than 25 drinks

Coffee

	12 oz	16 oz	20 oz
Cappuccino Espresso topped with steamed mild froth	\$2.79	\$3.39	\$3.79
Caffé Latte Espresso mixed with steamed milk	\$2.79	\$3.39	\$3.79
Caffé Vanilla Latte Espresso and vanilla mixed with steamed milk	\$2.99	\$3.59	\$3.99
Caffé Mocha Latte Espresso and chocolate mixed with steamed milk	\$2.99	\$3.59	\$3.99
Caramel Macchiato Latte Espresso, vanilla and caramel mixed with steamed milk	\$3.29	\$3.79	\$4.19
White Chocolate Latte Espresso and white chocolate mixed with steamed milk	\$3.29	\$3.79	\$3.99
Caffé Breve Espresso mixed with half and half	\$2.99	\$3.59	\$3.99
Caffé Mocha Breve Espresso and chocolate mixed with half and half	\$3.29	\$3.79	\$4.19
Caffé Americano Espresso mixed with hot water	\$1.99	\$2.29	\$2.59
Chai Latte Chai mix with hot water and steamed milk	\$2.99	\$3.59	\$3.99
(All milk and soy products are organic.)			

Espresso	
Espresso Macchiato	\$1.59
Double Macchiato	\$1.99
Single Shot	\$1.39
Double	\$1.99
Additional Shot	\$.99



The Classics			
Coffee — Reg/Decaf	\$1.49	\$1.79	\$1.99
Organic Coffee — Reg/Decaf	\$1.69	\$1.99	\$2.19
Hot Chocolate	\$1.49	\$1.79	\$1.99
Iced coffee	\$1.69	\$1.99	\$2.19
Iced Tea	\$1.69	\$1.99	\$2.19
Iced Tea/Lemonade (Arnold Palmer)	\$1.69	\$1.99	\$2.19
Iced Crimson Tea	\$1.69	\$1.99	\$2.19
Iced Crimson Tea/Lemonade	\$1.69	\$1.99	\$2.19

32 oz. available - \$2.49

(Black, Crimson, and Green Tea available daily in warmer months.)

Milk 2%, Nonfat, Soy
*Please note: Some items may contain nuts or nut oils
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