

Heart Healthy Smoothies

Calories Total Carbs Fiber Protein Fat 20 oz.

Get Lean / Two Fruits, Protein, L-Carnitine, Chromium, Citrimax 5.25

295 49 2 18 0.5

Low Carb Smoothie / Protein 4.99
Vanilla or Chocolate

215 5 4 30 3

Peach Cobbler / Peaches, Super Seed, Fiber, Cinnamon, Protein 4.95

250 37 10 27 3

Fresh Squeezed Juices

- Ginger Can Be Added To All Juices Upon Request .45

Country Lemonade 3.50 4.50

Carrot Juice (organic) 2.95 4.95

Apple Juice (organic) 3.95 5.95

Orange Juice (organic) 3.95 5.95

Wheatgrass Shot (organic) 1.99 3.98

Iced Teas

20 oz. 32 oz.

Champagne Peach Tea 1.59 1.89

Organic Detox Tea 2.25 2.75

Hot Chocolate

Reg Large

1.89 2.39

Smoothie Zone

Inside Family Health Market
3110 W. Main Street
(W. Main St. @ Teel Pkwy.)
214-705-9589

Hours

Monday-Friday / 7am-8pm
Saturday / 8am-8pm
Sunday / Noon -5:30pm





<i>Fruit Smoothies</i>					
• All Smoothies Include 18g Of Whey Protein & Apple Juice					
Strawberry Fields • Strawberry, Banana	3.65	4.65	5.85		
Hawaiian Breeze • Pineapple, Peach, Banana, Coconut	3.65	4.65	5.85		
Peachie King • Peach, Banana	3.65	4.65	5.85		
Blueberry Cooler • Blueberry, Banana	3.65	4.65	5.85		
Strawberry Blast • Just Strawberry	3.75	4.75	5.85		
Berry Berry • Strawberry, Raspberry, Blueberry	3.75	4.75	5.85		
Mango Tango • Mango, Strawberry Or Pineapple	4.50	6.35	7.50		
Split Charge .50 / Substitution .50					
<i>Frozen Yogurt Smoothies</i>					
Strawberry Fields, Blueberry Cooler, Peachie King, Hawaiian Breeze	4.65	5.65			
<i>California Energizer Sambazon Smoothie</i>				Reg	Large
Acai Energizer • Strawberry, Banana, Acai	5.50	6.50			
Acai Bowl		5.95			
Mini Acai Bowl		4.75			
<i>Specialty Smoothies</i>				90 oz.	32 oz.
Get Lean • Fruit, Protein, L-Carnitine, Chromium, Citrimax	5.25	6.25			
Green Machine • Perfect Food, Super Seed, Flax, Enzymes, Protein	6.45	7.50			
Berry Green Machine • Berry Green, Super Seed, Flax, Enzymes, Protein	6.45	7.50			
Low Carb • Protein (Vanilla or Chocolate)	5.25	6.25			
Lean Body • Add Milk .45 / Add Fruit .45		5.99			
Linebacker • 46 Grams Of Protein, Fruit, Glutamine		6.45			
Twin Lab's Super Weight Gainer 50 Grams Of Protein, 1000 Calories		7.25			
Peanut Butter Cookie Smoothie Peanut Butter, Chocolate, Banana, Milk, Protein	5.45	6.45			
Peach Cobbler • Super Seed Fiber, Peaches, Protein	4.95	5.95			
<i>Fat-Free Frozen Yogurt</i>				Reg	Large
Vanilla, Chocolate, or Swirl Cup				2.95	3.95
Waffle Cone					3.95
Toppings .75 / Fruit 1.25					
• Ask About Your Choice Of Toppings					
<i>Smoothie Add On's</i>					
Antioxidant Pack • A, C, E, & Selenium					.45
B12 Shot					.99
Calcium					.50
Chromium Picolinate					.45
Extra Fruit					.60
Extra Scoop Of Protein • Egg, Soy, Whey					.99
Fat Burner					.50
Fat-Free Frozen Yogurt					.75
Fiber Pack • Wheat Bran, Oat Bran, Psyllium, Aloe					.75
Green Pack • Ginseng, Perfect Food					1.49
Immune Booster • Echinacea, Vitamin C					.45
Joint Repair • Glucosamine, Chondroitin					1.49
Muscle Pack • Creatine, Glutamine					1.49
Peanut Butter					.60
Raw Energy • Bee Pollen, Royal Jelly					.99
Ultimate Vitamin Pack • 300 Plus Vitamins & Minerals					1.49
Vitamin Pack • 71 Vitamins & Minerals					.99
<i>Kids Menu</i>					
• Calcium, Fiber, & Vitamins Can Be Added To Any Kids Smoothie					
Hanna Banana • Banana, Milk, & More Banana (includes Whey Protein)					3.65
Strawberry Wrangler Strawberry, Banana, Apple Juice (includes Whey Protein)					3.65
Chocolate Yum Yum • Milk, Frozen Yogurt, Chocolate, Protein					3.65
Vanilla Cream • Milk, Frozen Yogurt, Protein					3.65
The Hulk • Berry Green, Fiber, Flax Oil, Enzymes, Protein					4.75
Chunky Monkey • Peanut Butter, Chocolate, Banana, Milk, Protein					4.35

