

# Be good to yourself<sup>®</sup>

[www.smoothieking.com](http://www.smoothieking.com)

## Smoothie King Menu

Be good to yourself!

**Ryan Williams**

Job: High School Football Coach

Needs: Protein & Carbs

Solution:  
Almond Mocha High Protein Smoothie with a Muscle Builder Enhancer

Smoothie King<sup>®</sup> Nutritional Smoothies are a refreshing, custom-made, meal alternative that tastes great and is good for you!

**SMOOTHIE KING**

Nutritional Lifestyle Centers<sup>™</sup>

To find the Smoothie King<sup>®</sup> Nutritional Lifestyle Center near you, visit us online at [www.smoothieking.com](http://www.smoothieking.com). For information on opening your own Smoothie King<sup>®</sup> Franchise, contact Smoothie King<sup>®</sup> Franchises, Inc. at 1-800-577-4200, or fill out an application online. ©2006

Be good to yourself<sup>®</sup>

In addition to our great tasting nutritional smoothies, we offer high quality nutritional products and healthy snacks.



**Gladiator**

- ♥ Low Carb Meal Replacement
- ♥ Helps Fuel Muscle Growth & Energy Production
- ♥ Optimum Protein Absorption with Aminogen
- ♥ No Artificial Colors or Flavors



**Multi-Vitamin**

- ♥ Exceeds 100% of Key Vitamins & Minerals
- ♥ Contains Antioxidants to Boost Immunity & Increase Energy Production



**Weight Loss Formula**

- ♥ Helps Speed Metabolism & Raise Energy Levels
- ♥ Hoodia Assists in Appetite Control
- ♥ Helps Decrease Excess Water Weight

SMOOTHIE KING  
**Enhancers**

Enhance your Smoothie King<sup>®</sup> Nutritional Smoothie with one of our Smoothie Enhancers. Our Enhancers are recommended for adults 18 and older.

**Energy** - Contains Ginkgo Biloba and Siberian Ginseng. This formula is designed to help increase energy, brain function, mental alertness and is stimulant free.

**Muscle Builder** - Contains 100% pure Creatine Monohydrate and the amino acids L-Glutamine and Taurine. This formula can help to build muscle, increase strength and endurance. It can also help speed up recovery time after workouts.

**Diet Down** - Contains Chromium Picolinate, Garcinia Cambogia, L-Carnitine and other nutrients that assist in the fat burning process. This proprietary formulation is excellent for appetite control and assists with fat loss. It also aids in carbohydrate and fat metabolism.

**Female Balance** - Contains Calcium, Soy Isolate, Vitamin D, Wild Yam, Raspberry Leaf, and Chamomile. This unique combination of female friendly herbs and supplements has been shown to assist in balancing hormones naturally, while assisting to strengthen the bones and soothe the body. **Caution: If you are pregnant or nursing, consult your health care professional before using this product.**

**Stress Relief** - Contains L-Theanine, Sarsaparilla Root, Siberian Ginseng, Astragalus, Fo Ti, and many other soothing herbs. Research suggests that these herbs can naturally assist in reducing anxiety, improving focus without slowing you down, and bolstering the immune system, which suffers under stress.

**Joint & Tissue Repair** - Contains MSM, which is known as a natural remedy to assist with pain relief, detoxification, inflammatory conditions, bolster immunity, and may help the body's resistance to stress. An added benefit of MSM is that it provides sulfur, which is vital for healthy hair, skin, and nails. Many find that regular intake of MSM helps their energy levels soar.

**Caffeine Charge** - Contains pure powdered caffeine and MSM. The caffeine/MSM synergy helps supply quick energy, mental clarity, and sustained energy boost. The amount of caffeine in this enhancer is 125mg which is equal to 1 cup of coffee.

**Multi-Vitamin** - Contains all of the B-Complex vitamins that help to promote a healthy cardiovascular system, nervous system, hair, skin and nails and also assists in converting food into energy. The antioxidant Vitamins C and E, and the minerals Zinc and Selenium along with other nutrients are a vital part of this formula to support immune function and protect cells from the damaging effects of free radicals.

**Immune** - Contains Vitamin C, Green Tea, Zinc, Echinacea, Selenium and Beta Carotene. This formula supports immune function while providing antioxidant protection. **Caution: Not recommended for individuals with auto immune conditions. If you are pregnant or nursing, consult your health care professional before using this product.**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



- ♥ Choc-A-Laka<sup>™</sup>
- ♥ Gimme-Grape<sup>™</sup>
- ♥ Berry Interesting<sup>™</sup>
- ♥ Smarti Tarti<sup>™</sup>

Our Kids' Kups<sup>™</sup> Smoothies are available in four delicious flavors, and were specifically developed to complement the nutritional needs of our guests who are 12 years of age and younger. They are made with a variety of healthy, all-natural ingredients.



Smoothie King<sup>®</sup> Nutritional Lifestyle Centers<sup>™</sup>

**Low-Fat**  
**SMOOTHIE KING**  
Nutritional Smoothies

- Angel Food™**   
A delicately smooth, creamy blend of banana and strawberries.
- BlackberryDream™**   
Juicy taste of tangy blackberries blended with our special carbohydrate mix.
- Blueberry Heaven®**   
Enjoy this heavenly treat blended with blueberries, bananas, and our vanilla protein blend. High in antioxidants.
- Caribbean Way®**   
Delicious papaya coupled with banana and strawberries.
- Celestial Cherry High™**   
A fruity blend of black cherry, papaya, and banana.
- Cherry Picker®**   
Blend of black cherries, strawberries, apples, and our vanilla protein blend.
- Cranberry Cooler™**   
Tasty cranberries and our special carbohydrate mix provide a burst of fruit flavor.
- Cranberry Supreme™**   
Our dynamic herbal nutrient blend with the kick of cranberries! This one is fantastic for the immune system.
- Grape Expectations Part II™**   
An exceptional blend of rich grape, banana, papaya, and strawberries.
- Hearty Apple®**   
A refreshing apple and spice flavor makes this blend of apple, bananas, our vanilla protein blend, and our nutrient mix a real delight.
- Immune Builder®**   
Banana, strawberries, and our dynamic herbal nutrient blend provide a unique taste.
- Instant Vigor™**   
Swirl of strawberries, pineapple, lemon and our X-Treme caffeine to get you instant energy.
- Island Treat®**   
A cool, refreshing blend of papaya and banana with an exotic tropical taste.
- Lemon Twist®**   
*Choice of Banana or Strawberry*  
The smoothie with zip! Enjoy this succulent blend of lemon juice and a touch of papaya. Available with bananas or strawberries.
- Light & Fluffy®**   
Orange, banana, and strawberries. A tangy, cool taste.
- MangoFest™**   
Turn every day into a tropical paradise with this delicious blend of mango, pineapples, and orange juice. It's fat free and sweetened with 100% fruit juice.
- Muscle Punch®**   
Banana, strawberries, and our unique blend of healthy nutrients produce a creamy texture.
- Orange Ka-BAM®**   
High in Vitamin C, this blend of oranges, bananas, and mangos has a sweet Florida orange taste.
- Peach Slice Plus®**   
Flavorful peaches, plump strawberries, papaya, and our special carbohydrate mix gives a light, juicy flavor.
- Pep Upper®**   
Strawberries, passion fruit, papaya and our X-Treme caffeine to give you the pep you need.
- Pineapple Pleasure®**   
A delightful blend of mouth-watering pineapples, banana, and papaya.

- Pineapple Surf®**   
An explosion of pineapples, strawberries, kiwi, and our vanilla protein blend offer a sweet tropical taste.
- Raspberry Sunrise™**   
Fruitful flavor of raspberries and our special carbohydrate mix.
- Strawberry Kiwi Breeze®**   
Strawberry, kiwi, papaya, and our own protein blend provide a sweet taste.
- Strawberry X-Treme™**   
This ultimate blend of strawberries is for the strawberry lover.
- Slim-N-Trim™**   
*Vanilla • Orange-Vanilla • Chocolate • Strawberry*  
A surprisingly filling drink with a delicately light flavor. This one is an excellent choice for a meal replacement. Available in your choice of vanilla, chocolate, orange-vanilla, or strawberry flavor.

**Protein & Workout**  
**SMOOTHIE KING**  
Nutritional Smoothies

- Gladiator™**   
Made from a base of premium whey & egg white protein sources along with Aminogen® (a protein digestive enzyme), and your choice of two fruits and/or fruit juices.
- High Protein Smoothies**   
*Almond Mocha • Banana • Chocolate • Lemon • Pineapple*  
Packed with protein and designed for people who want more from their smoothie. Contains a balance of protein, carbs, and unsaturated fats.
- Low Carb Smoothies**  
*Vanilla • Chocolate • Banana • Strawberry*  
Our Low Carb smoothies with only 6g of carbs and 4 net/impact carbs.
- PowerMeal™**   
Great for increasing your protein intake. Made with your choice of any two fruits and an engineered sports nutrition food mix.
- Power Punch Plus®**   
Our #1 workout smoothie! A blend of bananas and strawberries packed with nutrients to get you going.
- The Shredder**  
*Vanilla • Strawberry • Chocolate*  
A powerful fat burning combination of our Gladiator protein, L-Carnitine, Citrimax and Chromium coupled with strawberries.
- Power Punch®**   
A wonderful "pick-me-up." A flavorful blend of banana, strawberries, nutrients, and our special carbohydrate mix.
- Super Punch Plus®**   
Replace those essential minerals lost during a workout with a blend of papaya, banana, strawberries, electrolyte mix, and our special carbohydrate mix.
- The Activator®**   
*Vanilla • Strawberry • Chocolate*  
The perfect drink for body builders or anyone looking for a high-protein, low-fat smoothie. Blended with fresh banana and your choice of vanilla or chocolate flavored high protein mix.

**Exotic**  
**SMOOTHIE KING**  
Nutritional Smoothies

- Acai Adventure**  
Acai berries spun with blueberry and apple into a drink bound to make you feel like an Amazon yourself.
- Go Goji**  
Goji's got the juice to keep you going and it tastes great blended with mango and kiwi.
- Green Tea Tango**  
Take a turn with this treat from the Orient, twirling mystic and wonderful green tea with frozen yogurt and your choice of fruit.

- Mangosteen Maddness**  
We've taken mangosteen (Southeast Asia's treasured fruit) and packed its powerful flavor with strawberry, papaya and kiwi.
- Passion Passport**  
Passion fruit, banana, mango, and papaya blended into a tropical traveler that takes flavor into the undiscovered territory.

**Sorbet**  
**SMOOTHIE KING**  
Nutritional Smoothies

- Banana Berry Treat**  
What a treat! A delicious blend of strawberry, raspberry and banana.
- Berry Punch**  
Here's a flavor that will knock you out! A right hook of raspberry. A slam of strawberry. A big jab of blueberry.
- Fruit Fusion**  
Eclectic blend of apple, orange, banana and kiwi creates a flavor you might call uncommon.
- Island Impact**  
We've packed for the islands with mango, pineapple and papaya all slammed into one tasty sensation.
- Raspberry Collider**  
Raspberries, orange, and banana accelerated to Smoothie speed into one another to release an incredible level of energy.

**Specialty**  
**SMOOTHIE KING**  
Nutritional Smoothies

- Banana Boat®**   
The perfect banana flavor makes this an excellent choice.
- Coconut Surprise®**  
Missed that cruise to the Bahamas? Make sure you catch this exotic blend of coconut, pineapples, and banana.
- Coffee Smoothies**  
Protein fortified with our proprietary blend of whey, egg white, and soy proteins - creating a more favorable nutritional profile. Available in Mocha, Hazelnut, Amaretto, Irish Crème, French Vanilla, and French Roast.
- Malts and Shakes**   
Delight in the rich flavor of our old-fashioned malts and shakes. Available in vanilla, chocolate, strawberry, and butter pecan.
- Mo'cuccino™**   
Reward yourself with this heavenly indulgence. A silky blend of coffee, ice cream, and our chocolate protein blend. Absolutely delicious with over 9 grams of protein!
- Peanut Power Plus™**   
*Choose with Strawberries or with Grape Juice*  
Peanut butter and jelly in a cup! Creamy fresh ground peanut butter and banana blended with your choice of plump strawberries or tasty grape juice.
- Piña Colada Island®**  
With the combination of pineapples, coconut, and vanilla protein blend, you feel like you're standing on the beach with the sand between your toes.
- The Hulk™**   
*Chocolate • Vanilla • Strawberry*  
Our most popular smoothie for people who are trying to gain weight! All-natural ice cream, bananas, and our special weight-gain mix.
- Yogurt D-Lite®**   
All natural vanilla frozen yogurt blended to perfection with one fruit or fruit juice.



This nutritional analysis was performed by Heart Smart International. Items marked with the Heart Smart Logo have been analyzed, evaluated and approved to receive the third party endorsement of Heart Smart International. Each menu item designated with the Heart Smart Logo meets all FDA regulations for making the health claim: While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of coronary disease.

1. Activator Smoothie contains Phenylketonurics which contain Phenylalanine.
2. The Hulk Smoothies contain pecans (from butter pecan ice cream).
3. Immune Builder and Cranberry Supreme Smoothies contain Echinacea. **NOT RECOMMENDED FOR INDIVIDUALS WITH AUTO IMMUNE CONDITIONS. IF YOU ARE PREGNANT OR NURSING, CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE USING THIS PRODUCT.**
4. Nutritional information may vary depending on brand of ice cream.
5. Peanut Power & Peanut Power Plus Smoothies contain peanut butter.
6. High Protein Smoothies contain almonds.
7. Nutritional information may vary depending on the fruit/fruit juice you choose.

Some Smoothie King® Nutritional Smoothies are not listed on our menu board - ask your server for availability.

Please note that many of our Nutritional Smoothies are sweetened with turbinado and honey. Please tell us if you want your Smoothie unsweetened.

If you have food allergies, please let us know so that we may take extra precautions when making your smoothie.

Thank you very much for your business!



Smoothie King™ is proud to make our smoothies with 100% Pure Florida Orange Juice and California Strawberries.



Nutritional Lifestyle Centers™



Smoothie King® Nutritional Lifestyle Centers™