

WHAT'S YOUR SMOOTHIE?

PLANET CLASSICS

TWIG & BERRIES 16oz \$4¹⁹ 22oz \$5¹⁹ 32oz \$6¹⁹
strawberries, bananas, yogurt

VINNIE DEL ROCCO
raspberries, blueberries, strawberries, orange sherbet

SHAG-A-DELIC
blueberries, strawberries, bananas, yogurt, nonfat milk, vanilla

THE LAST MANGO
mangos, peaches, bananas, orange sherbet

PBJ
peanut butter, strawberries, bananas, yogurt, nonfat milk, vanilla

PLANET LIGHT

2 PIECE BIKINI 16oz \$4¹⁹ 22oz \$5¹⁹ 32oz \$6¹⁹
choice of strawberries or cocoa, bananas, nonfat milk, vanilla, fat burner blast

LEAPIN LIZARD
peaches, strawberries, fat burner blast

THELMA & LOUISE
pineapples, strawberries, fiber blast

MEDITERRANEAN MONSTER
strawberries, bananas, a splash of orange juice, fat burner blast

LUNAR LEMONADE
lemonade, choice of strawberries or raspberries, bananas, fat burner blast

SCREAMSICLE
pineapples, peaches, orange juice, yogurt, orange sherbet, multivitamin blast

ENERGY

SPAZZ 16oz \$4¹⁹ 22oz \$5¹⁹ 32oz \$6¹⁹
strawberries, bananas, nonfat milk, vanilla, energy blast

GRAPE APE
grape juice, strawberries, energy blast

CHOCOLATE ELVIS
cocoa, peanut butter, bananas, yogurt, nonfat milk, energy blast

ROAD RUNNER
blueberries, raspberries, strawberries, orange juice, energy blast

RASMANIAN DEVIL
raspberries, bananas, nonfat milk, vanilla, energy blast

FROZEN GOAT
100% Columbian coffee, bananas, cocoa, yogurt, nonfat milk, vanilla, energy blast

JAVA THE NUT
100% Columbian coffee, cocoa, peanut butter, bananas, yogurt, nonfat milk

PROTEIN

BIG BANG 16oz \$4¹⁹ 22oz \$5¹⁹ 32oz \$6¹⁹
strawberries, bananas, vanilla, protein or workout blast

CHOCOLATE CHIMP
cocoa, bananas, vanilla, honey, protein or workout blast

MR MONGO
strawberries or cocoa, bananas, yogurt, nonfat milk, vanilla, protein blast or workout blast

MEAL REPLACEMENT

PLANET PRO 32oz \$6⁹⁹
choice of 2 fruits blended with 40g protein

PLANET PRO LIGHT 22oz \$5⁹⁹ 32oz \$6⁹⁹
choice of 2 fruits blended with 25g protein

ACAI

ACAI 16oz \$5¹⁹ 22oz \$6¹⁹ 32oz \$7¹⁹
organic acai, apples, strawberries, bananas

ACAI GOLD
organic acai, mangos, pineapple, orange juice

ROCKIN' RIO
organic acai, strawberries, cocoa

AMAZON KICK
organic acai, blueberries, strawberries, bananas

ADD-IN'S

CHOICE OF FRUIT 75¢



WHEATGRASS 1 shot \$1⁹⁹ 2 shots \$2⁹⁹

HOT COFFEE

LIGHT ROAST, DARK ROAST, DECAF

12oz \$1⁵⁹ 16oz \$1⁷⁹

OFFICE PARTY \$12⁹⁵ (serves 8)

BLASTS ADD A BLAST 75¢

ENERGY
garcinia cambogia, guarana, cha de bugre, ginger root, white willow bark

IMMUNITY
vitamin C & E, zinc, elderberry extract, echinacea

FAT BURNER
garcinia cambogia, guarana, banana

MULTIVITAMIN
vitamin A, C, D, E, K, B-1, B-2, B-3, B-6, & B-12, biotin, calcium, magnesium

FIBER
oat bran, flaxseed, wheat bran, psyllium husk

PROTEIN
whey protein concentrate, protease, amylase, lactase

WORKOUT
creatine, L-Glutamine, L-Arginine, taurine

NUTRITIONAL INFORMATION

| Smoothie Name | Size | Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Protein (g) | Total Carbs (g) | Sugars (g) | Dietary Fiber (g) | Chol (mg) | Sodium (mg) | Calcium %DV | Vitamin C %DV | |
|--|------|----------|---------------|-------------|---------------|-------------|-----------------|------------|-------------------|-----------|-------------|-------------|---------------|----|
| Plain Jane | 16 | 250 | 0 | 0 | 0 | < 1 | 62 | 56 | 5 | 0 | 0 | 4 | 130 | |
| Captain Kid | 16 | 250 | 0 | 0 | 0 | 1 | 63 | 54 | 3 | 0 | 20 | 4 | 90 | |
| Twigs & Berries | 16 | 140 | 0 | 0 | 0 | 4 | 38 | 17 | 8 | 0 | 40 | 10 | 80 | |
| Vinnie Del Rocco | 16 | 150 | 0 | 0 | 0 | 2 | 37 | 27 | 3 | 0 | 25 | 4 | 60 | |
| Shag-A-Delic | 16 | 170 | 0 | 0 | 0 | 5 | 44 | 22 | 9 | 0 | 70 | 15 | 60 | |
| The Last Mango | 16 | 220 | 0 | 0 | 0 | 2 | 56 | 41 | 4 | 0 | 25 | 4 | 170 | |
| PBJ | 16 | 370 | 17 | 3 | 0 | 13 | 46 | 22 | 10 | 0 | 180 | 15 | 80 | |
| Two Piece Bikini - strawberry | 16 | 150 | 0 | 0 | 0 | 3 | 37 | 17 | 4 | 0 | 35 | 8 | 80 | |
| Two Piece Bikini - chocolate | 16 | 170 | 0.5 | 0 | 0 | 3 | 40 | 15 | 3 | 0 | 40 | 6 | 20 | |
| Leapin' Lizard | 16 | 110 | 0 | 0 | 0 | 1 | 30 | 13 | 4 | 0 | 0 | 2 | 200 | |
| Thelma & Louise | 16 | 120 | 0 | 0 | 0 | 0 | 30 | 14 | 5 | 0 | 0 | 0 | 2 | 80 |
| Mediterranean Monster | 16 | 140 | 0 | 0 | 0 | 1 | 38 | 17 | 4 | 0 | 0 | 2 | 100 | |
| Lunar Lemonade - strawberry | 16 | 140 | 0 | 0 | 0 | 1 | 36 | 17 | 3 | 0 | 0 | 2 | 100 | |
| Lunar Lemonade - raspberry | 16 | 150 | 0 | 0 | 0 | 2 | 36 | 17 | 3 | 0 | 0 | 2 | 50 | |
| Screamsicle | 16 | 190 | 0 | 0 | 0 | 2 | 50 | 28 | 4 | 0 | 30 | 30 | 180 | |
| Spazz | 16 | 220 | 0 | 0 | 0 | 2 | 56 | 37 | 4 | 0 | 25 | 6 | 70 | |
| Grape Ape | 16 | 100 | 0 | 0 | 0 | 0 | 27 | 15 | 2 | 0 | 0 | 2 | 100 | |
| Chocolate Elvis | 16 | 360 | 13 | 2.5 | 0 | 13 | 54 | 16 | 8 | 0 | 150 | 15 | 15 | |
| Road Runner | 16 | 130 | 0 | 0 | 0 | 1 | 32 | 13 | 4 | 0 | 0 | 2 | 70 | |
| Rasmanian Devil | 16 | 110 | 0 | 0 | 0 | 3 | 27 | 11 | 2 | 0 | 25 | 4 | 10 | |
| Frozen Goat | 16 | 180 | 0.5 | 0 | 0 | 5 | 46 | 13 | 6 | 0 | 65 | 15 | 15 | |
| Java the Nut | 16 | 330 | 13 | 2.5 | 0 | 11 | 46 | 16 | 8 | 0 | 150 | 15 | 15 | |
| Big Bang - protein blast | 16 | 150 | 0 | 0 | 0 | 13 | 25 | 14 | 4 | 0 | 0 | 2 | 80 | |
| Big Bang - workout blast | 16 | 120 | 0 | 0 | 0 | 1 | 32 | 14 | 4 | 0 | 0 | 2 | 80 | |
| Chocolate Chimp - protein blast | 16 | 160 | 0.5 | 0 | 0 | 13 | 27 | 13 | 3 | 0 | 0 | 0 | 15 | |
| Chocolate Chimp - workout blast | 16 | 140 | 0.5 | 0 | 0 | 1 | 34 | 13 | 3 | 0 | 0 | 0 | 15 | |
| Mr. Mongo - strawberry (protein blast) | 16 | 210 | 0 | 0 | 0 | 17 | 41 | 20 | 8 | 0 | 60 | 15 | 80 | |
| Mr. Mongo - strawberry (workout blast) | 16 | 180 | 0 | 0 | 0 | 5 | 48 | 20 | 8 | 0 | 65 | 15 | 80 | |
| Mr. Mongo - chocolate (protein blast) | 16 | 220 | 0.5 | 0 | 0 | 17 | 42 | 16 | 7 | 0 | 60 | 15 | 15 | |
| Mr. Mongo - chocolate (workout blast) | 16 | 200 | 0.5 | 0 | 0 | 5 | 49 | 16 | 7 | 0 | 65 | 15 | 15 | |
| Acai | 16 | 220 | 5 | 1 | 0 | 2 | 44 | 29 | 5 | 0 | 10 | 6 | 70 | |
| Acai Gold | 16 | 180 | 2.5 | 0.5 | 0 | 1 | 37 | 27 | 2 | 0 | 5 | 2 | 60 | |
| Rockin' Rio | 16 | 190 | 5 | 1 | 0 | 2 | 32 | 19 | 4 | 0 | 10 | 6 | 90 | |
| Amazon Kick | 16 | 160 | 2.5 | 0.5 | 0 | 1 | 33 | 19 | 4 | 0 | 10 | 2 | 60 | |

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All nutritional are based on 16oz smoothie unless otherwise indicated. All % values are % Daily Values based on a 2000 calorie diet for adults 18 and older. Because each smoothie is made by hand, exact nutritional value may vary slightly. Visit www.planetsmoothie.com to calculate nutritional information for your favorite smoothie.



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catering available



Planet Smoothie®

MENU

