



Smoothie & Wrap Menu

216 Hwy 18, Clear Lake Phone- 641-357-1647
471 S Illinois Ave, Mason City Phone- 641-201-1398
OPEN TO THE PUBLIC-NO MEMBERSHIP REQUIRED!
(Wraps only available at the Clear Lake location)

Hours
Mon-Fri 7:30AM-7PM
Sat 9 AM-4 PM
Sunday 10 AM-2 PM

Specialty Smoothies \$4.59-\$5.59

Apple Spice Cake- Apples, banana, pumpkin pie spice, vanilla yogurt & protein, & Cinnamon Chai Amino

Berry Blast Off-Blueberries, strawberries & banana, Adrenaline Cuts

Coconut Cream Pie- Banana, coconut, vanilla yogurt & protein, Vanilla Amino

Lava Flow - Banana, strawberries, orange, & weight gainer

Molten Madness- Chocolate yogurt, raspberries, banana & weight gainer

Orange Oasis - Orange, peaches, yogurt & vanilla protein

Peanut Butter Blaster -PB2, banana, chocolate or vanilla protein & yogurt

Peanut Butter Cup-oats, banana, yogurt & PB2, chocolate protein

Post Workout-Strawberries, banana & vanilla protein

Starburst- Strawberry, OJ, Kiwi, yogurt & Watermelon Amino



**Check out our
Facebook page for our
Feature Flavor!**

The Push Up Series \$5.34

Grape Push Up- Grape, Grape Amino, yogurt & protein

Lime Push Up- Lime, banana, Lemon Lime Amino, yogurt & protein

Orange Push Up- Peaches, OJ, Orange Amino , yogurt & protein

Pineapple Push Up- Pineapple, banana, & Pineapple Amino , yogurt & protein

Raspberry Limeade-Raspberry, lime, banana, lemon lime Amino, yogurt & protein

Greens & Detox \$5.04-\$5.59

Greens- Spinach, organic greens mix, apple, lime

Greenberry -Strawberries, blueberries, OJ, organic greens mix

Spring Detox-Apples, organic greens, apple cider vinegar, cinnamon, vanilla protein, & Lime Amino

Summer Detox- Strawberries, blueberries, greens, apple cider vinegar, cinnamon, turmeric, & Amino

Coffee House Flavors \$5.34-\$5.59

PB2 Mocha-\$5.59
Coffee, banana, PB2, chocolate protein & yogurt, Mocha Amino

Mocha Madness- \$5.34 Coffee, banana, chocolate protein & yogurt, Mocha Amino

Caramel Craze- \$5.34 Coffee, banana, vanilla yogurt, vanilla protein, Caramel Amino

Fruit Smoothies \$4.29

Banana Berry- Strawberries & banana

Banana Blitz- Banana & yogurt
Berries N' Cream- Strawberries, raspberries, blueberries & yogurt

Blue Freeze- Blueberries, strawberries & banana

Grapelicious- Grape, strawberries & yogurt

Kiwi Delight- Kiwi, strawberries, banana & yogurt

Peaches N' Cream- Peaches, pineapple & yogurt

Razzle Dazzle- Raspberries, pineapple, kiwi & lime

Raspberry Rush- Raspberries, strawberries & yogurt

Summer Breeze- Strawberries, raspberries & OJ

Summer storm- Strawberries, mango, & OJ

Chicken Wraps-\$5.89

BBQ Chicken- BBQ Chicken, onion, green pepper, and mozzarella

Buffalo- Chicken, lettuce, tomato, mozzarella, buffalo sauce and ranch

Chicken, Bacon, Ranch- Chicken, bacon, lettuce, tomato, mozzarella and ranch

Chicken Caesar- Chicken, lettuce, tomato, parmesan and Caesar

Honey Mustard- Chicken, bacon, cheese, onion & honey

Parmesan Peppercorn- Chicken, lettuce, tomato, parmesan, and parmesan peppercorn dressing

Pizza- Chicken, pepperoni, mozzarella, parmesan and marinara

Teriyaki- Chicken, onion, green pepper, mozzarella and teriyaki