

NIP FITNESS SMOOTHIES & RICE BOWLS

216 HWY 18, CLEAR LAKE PHONE- 641-357-1647
471 S ILLINOIS AVE, MASON CITY PHONE- 641-201-1398

SPECIALTY SMOOTHIES \$5.75 & UP

APPLE SPICE CAKE

Apples, banana, pumpkin pie spice, vanilla yogurt & protein, cinnamon chai amino

BERRY BLAST OFF

blueberries, strawberries, banana, & adrenaline cuts

BLUEBERRY MUFFIN

blueberries, oats, banana, vanilla yogurt & protein, blue razz amino

BOMBPOP

blueberries, strawberries, OJ, vanilla yogurt, & bombpop humapro

COCONUT CREAM PIE

banana, coconut, vanilla yogurt & protein, chai amino

LAVA FLOW

banana, strawberries, OJ, & gainer

LIMEBERRY POP

Strawberries, lime, bombpop humapro

MOLTEN MADNESS

chocolate yogurt, raspberries, banana, & weight gainer

ORANGE OASIS

orange, peaches, yogurt, & vanilla protein

PEANUT BUTTER BLASTER

PB2, banana, chocolate or vanilla yogurt & protein

PEANUT BUTTER CUP

oats, banana, PB2, chocolate or vanilla yogurt & protein

POST WORKOUT

banana, strawberries, vanilla protein

SOUR PATCH KID

pineapple, blueberries, vanilla yogurt, lime, bombpop humapro & amino

STARBURST

strawberries, OJ, Kiwi, vanilla yogurt, & watermelon amino

TROPICAL TWIST

peaches, mango, OJ, vanilla yogurt, & peach mango humapro

PUSH UP SMOOTHIES \$6.54 & UP

GRAPE PUSHUP

grape, banana, grape amino, vanilla yogurt & protein

LIME PUSHUP

lime, banana, lime amino, yogurt & protein

ORANGE PUSHUP

peaches, OJ, orange amino, vanilla yogurt & protein

PANGO PUSHUP

peach, mango, yogurt, protein, strawberry lime amino

PINEAPPLE PUSHUP

banana, pineapple, pineapple amino, vanilla yogurt & protein

RASPBERRY LIMEADE

raspberries, lime, lime amino, vanilla yogurt & protein

STRAWBERRY PUSHUP

strawberries, strawberry amino, vanilla yogurt & protein

GREENS & DETOX \$6.36 & UP

BRAINBLASTER

strawberries, matcha, greens, MCT, bombpop humapro, & tea shot

BRAINBLASTER 2.0

strawberries, apple cider vinegar, greens, MCT, grape amino, & tea shot

GREENS

greens, banana, apple, lime

GREENBERRY

strawberry, blueberries, OJ, greens

SPRING DETOX

apples, greens, apple cider vinegar, cinnamon, vanilla protein, & lime amino

SUMMER DETOX

strawberries, blueberries, greens, apple cider vinegar, cinnamon, amino

COFFEE HOUSE FLAVORS \$6.36 & UP

PB2 MOCHA

coffee, banana, PB2, chocolate protein & yogurt, mocha amino

MOCHA MADNESS

coffee, banana, chocolate yogurt & protein, & mocha amino

CHAI CRAZE

coffee, banana, vanilla yogurt & protein, & chai amino

FRUIT SMOOTHIES \$5.19

BANANA BERRY

strawberries & banana

BANANA BLITZ

banana & yogurt

BERRIES N' CREAM

strawberries, raspberries, blueberries & yogurt

BLUE FREEZE

strawberries, blueberries, & banana

GRAPALICIOUS

strawberries, grape amino, & yogurt

KIWI DELIGHT

strawberries, kiwi, banana, & yogurt

PEACHES N' CREAM

peaches, pineapple, & yogurt

RAZZLE DAZZLE

raspberries, pineapple, kiwi, & lime

RASPBERRY RUSH

raspberries, strawberries, & yogurt

SUMMER BREEZE

raspberries, strawberries, & OJ

SUMMER STORM

mango, strawberries, & OJ

RICE BOWLS \$7.80-\$8.30

BBQ CHICKEN

BBQ chicken, onion, green pepper, & mozzarella

BUFFALO

chicken, lettuce, tomato, mozzarella, buffalo sauce & ranch

CHICKEN BACON RANCH

chicken, bacon, lettuce, tomato, mozzarella, & 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

TERIYAKI

chicken, onion, green pepper, mozzarella, and teriyaki

Check out our menu board for featured flavors!



HOURS:
MON-FRI 7:30AM-7PM
SAT 9AM-4PM
SUNDAY 10AM-2PM