

# Z E N E R G Y

HEALTH CLUB • SPA • BOUTIQUE

## SMOOTHIE BAR MENU

**12OZ.** 6.50 | **16OZ.** 7.00 | **SUGGESTED ADD-ON** .50 | **PROTEIN** 2.00

### TRAINER'S CHOICE

strawberries, bananas, yogurt,  
apple juice, orange juice, milk

*Suggested Add-On:*  
Oats

### THE WORKS

mixed berries, bananas, yogurt,  
apple juice, orange juice

*Suggested Add-on:*  
Sweet Potato or Oats

### THE CARIBBEAN

orange juice,  
bananas, mangos

*Suggested Add-On:*  
Coconut Oil

### MANGO MADNESS

mangos, strawberries, bananas,  
yogurt, orange & apple juice

*Suggested Add-On:*  
Sweet Potato

### POST WORKOUT

milk, strawberries,  
blueberries, olive oil

*Suggested Add-on:*  
Sweet Potato or Oats + Glutamine

### POPEYE

spinach, strawberry,  
banana, almond milk

*Suggested Add-on:*  
Chia Hemp seed blend

### ZENERGY SPECIAL

almond milk, peanut butter,  
bananas, honey, ice

*Suggested Add-on:*  
Oats + Chocolate Protein

### VEGGIE CRAZY

mango, banana, spinach, kale,  
almond butter, hemp milk,

*Suggested Add-on:*  
Super Greens + Protein

## CREATE YOUR OWN

### JUICES + MILKS

Apple Juice • Orange Juice  
Soy Milk • Almond Milk  
Hemp Milk • 2% Milk  
Fat Free Milk

### OTHER ADDITIONS

2% Yogurt  
Fat Free Yogurt  
Honey • Chocolate  
Peanut Butter  
Almond Butter  
Olive Oil • Coconut Oil  
Oats • Sweet Potato  
Chia Hemp Seed Blend  
Super Greens  
Glutamine

### JAY ROBB

#### PROTEIN

vanilla  
strawberry  
chocolate

### FRUITS & VEGGIES

Banana • Strawberries  
Blueberries • Mixed Berries  
Mango • Kale  
Spinach

### LIFE BASICS

#### PROTEIN

vanilla  
vanilla unsweetened  
chocolate

## DAILY DELIVERIES

SEE DIGITAL BOARD FOR SPECIALTY ITEMS DELIVERED FRESH DAILY!



<b>SMALL SALAD</b>	7.00
<b>LARGE SALAD</b>	12.00
<b>SIDE SALAD</b>	7.25
<b>PANINI</b>	10.00
<b>BAGEL</b>	2.50
<b>BREAD</b>	3.50
<b>COOKIE</b>	3.00



<b>HAVEN SALAD</b>	10.00
<b>HAVEN SANDWICH</b>	8.50
<b>HAVEN WRAP</b>	10.00
<b>HAVEN SPECIALTY BOX</b>	10.00
<b>HAVEN SOUP</b>	
<b>8OZ.</b> 5.50   <b>12OZ.</b> 7.50   <b>16OZ.</b> 8.50	