

# ZENERGY

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 CARIBBEAN

orange juice,  
bananas, mangos

*Suggested Add-On:*

*Coconut Oil*

### POST WORKOUT

milk, strawberries,  
blueberries, olive oil

*Suggested Add-on:*

*Sweet Potato or Oats + Glutamine*

### ZENERGY SPECIAL

almond milk, peanut butter,  
bananas, honey, ice

*Suggested Add-on:*

*Oats + Chocolate Protein*

### THE WORKS

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

*Suggested Add-on:*

*Sweet Potato or Oats*

### MANGO MADNESS

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

*Suggested Add-On:*

*Sweet Potato*

### POPEYE

spinach, strawberry,  
banana, almond milk

*Suggested Add-on:*

*Chia Hemp seed blend*

### 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

### FRUITS & VEGGIES

Banana • Strawberries  
Blueberries • Mixed Berries  
Mango • Kale  
Spinach

### 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

### LIFE BASICS

#### PROTEIN

vanilla  
vanilla unsweetened  
chocolate

## DAILY DELIVERIES

SEE DIGITAL BOARD FOR SPECIALTY ITEMS DELIVERED FRESH DAILY!



SMALL SALAD	7.00
LARGE SALAD	12.00
SIDE SALAD	7.25
PANINI	10.00
BAGEL	2.50
BREAD	3.50
COOKIE	3.00



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