



Fields of Greens Smoothie Bar

1. Berry Banana Smoothie \$5.00
 - Plain yogurt, frozen blueberries, frozen raspberries, banana, skim milk, ice cubes
2. Berry Banana Smoothie \$5.00
 - Frozen berry blend, mango, plain yogurt, apple juice, ice cubes, sweetened with honey
3. Tropical Smoothie \$5.00
 - Frozen pineapple, orange, banana, plain yogurt,
4. Vegan Carrot Ginger Smoothie \$5.00
 - Carrots, ginger, frozen pineapple, orange, dates, ice cubes
5. Vegan Green Smoothie \$5.00
 - Baby spinach, kale, orange, green apple, banana, ice cubes

Ingredients for “Build Your Own” (\$4.25 plus \$0.50 for extra add-ins)

Choice of two fruits & liquid & sweetener

Fruits:

Frozen strawberries, frozen blueberries, frozen raspberries, banana, green apple, orange, frozen pineapple, frozen berry blend (4 kinds), frozen mango

Power Vegetables:

Ginger, avocado

Dry Fruit:

Dates, cranberries

Gains/Seeds:

Muesli

Liquid (Non-Dairy):

Soy milk, almond milk

Energy Powders:

Vanilla protein powder, plain

Green Vegetables:

Kale, spinach, romaine lettuce, celery, cucumber, parsley, beets, carrots

Nuts:

Walnuts, cashews, peanut butter,

Sweeteners:

Honey, maple syrup

Liquid (Dairy):

Plain yogurt 2%, skim milk, vanilla yogurt

Liquid (Fruit Juices):

Orange juice, apple juice