SMOOTHIES

SUPER VEGGIES

- **ISLAND GREEN**® 410 cal
  spinach, kale, mango, pineapple & banana

- **AVOCOLADA™** 600 cal
  avocado, pineapple, spinach, kale, coconut & lime

- **DETOX ISLAND GREEN**® 180 cal
  spinach, kale, mango, pineapple, banana & fresh ginger
  (naturally sweetened)

BALANCED FUSIONS

- **PEANUT PARADISE™** 730/680 cal
  peanut butter, banana, non-fat yogurt with choice of pea
  or whey protein

- **CHIA BANANA BOOST**® 770/610 cal
  roasted banana, chia seeds, almonds, whole-grain oats,
  cinnamon, dates & coconut with choice of peanut butter
  or strawberries

- **TRIPLE BERRY OAT™** 410 cal
  strawberries, blueberries, cranberry, multivitamin,
  ground flaxseed, whole-grain oats, whey protein &
  Splenda®

- **LEAN MACHINE™** 490 cal
  strawberries, banana, fat burner & energizer

- **ACAI BERRY BOOST™** 470 cal
  acai, pomegranate, banana, blueberries & strawberries

All smoothies made with turbinado unless otherwise noted or requested. Splenda® substitute available
(subtracts 100–220 cal). Coconut, cranberry, kiwi, lime, pomegranate and orange juice flavors from concentrate.

GIVE IT A BOOST Add a supplement to your smoothie
FRUIT BLENDS

**SUNRISE SUNSET™** 400 cal
strawberries, pineapple, mango & orange juice

**JETTY PUNCH™** 370 cal
strawberries & banana

**KIWI QUENcher™** 450 cal
kiwi, strawberries & non-fat yogurt

**PARADISE POINT™** 430 cal
strawberries, banana & pineapple

**MANGO MAGIC™** 400 cal
mango, pineapple & non-fat yogurt

**BLIMEY LIMEY™** 480 cal
strawberries, pineapple, orange juice & lime

**BLUEBERRY BLISS™** 340 cal
blueberries, strawberries & banana

**POMEGRANATE PLUNGE™** 520 cal
pomegranate, banana, cranberry & strawberries

TROPICAL TREATS

**BAHAMA MAMA™** 510 cal
strawberries, pineapple, coconut & white chocolate

**PEANUT BUTTER CUP™** 700 cal
peanut butter, banana & chocolate

**BEACH BUM™** 550 cal
strawberries, banana & chocolate

**MOCHA MADNESS™** 540 cal
chocolate, coffee, cappuccino & non-fat yogurt

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Add some love to your smoothie
WRAPS
Served in a toasted flour tortilla with your choice of side.

**CARIBBEAN JERK CHICKEN** 590 cal
grilled chicken, rice, black beans, cheddar,
roasted pineapple salsa, romaine & jerk sauce

**BUFFALO CHICKEN** 510 cal
grilled chicken, tomatoes, romaine,
mozzarella, buffalo sauce & lite ranch

**BAJA CHICKEN** 640 cal
grilled chicken, rice, black beans,
smashed avocado, romaine, pickled red onions, cheddar & roasted tomato salsa

**THAI CHICKEN** 500 cal
grilled chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine & Thai peanut sauce

**HUMMUS VEGGIE** 710 cal
hummus, smashed avocado, pepper jack, romaine, rice, black beans, pickled red onions, tomatoes & lite ranch

**SUPERGREEN CAESAR CHICKEN** 600 cal
grilled chicken, romaine, spinach, shredded parmesan, tomatoes, parmesan crisps & caesar

QUESADILLAS
Served in a pressed flour tortilla with your choice of side.

**SANTA FE CHICKEN** 600 cal
grilled chicken, black beans, roasted red pepper & onion, queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa

**THREE CHEESE CHICKEN** 550 cal
grilled chicken, queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa

INCLUDED SIDES
- **KALE & APPLE SLAW** 130 cal
- **WHOLE FRUIT** 90–110 cal
- **CHIPS** 140–210 cal

PREMIUM SIDES
- **JALAPEÑO CORN** 150 cal
- **MAPLE-KISSED SWEET POTATOES** 140 cal

UPGRADE YOUR SIDE
Upgrade your side to Jalapeño Corn
**SANDWICHES**
Served with your choice of side.

**TURKEY BACON RANCH** 560 cal
turkey, bacon, tomatoes, romaine, swiss & lite ranch on ciabatta

**CHICKEN CAPRESE** 660 cal
grilled chicken, fresh mozzarella, parmesan, tomatoes, pesto & balsamic glaze pressed on ciabatta
Add bacon (adds 60 cal)

**SMOKY GRILLED CHEESE** 650 cal
fresh mozzarella, white American cheese, bacon & smoked tomato spread on toasted sourdough

**AVOCADO GRILLED CHEESE** 930 cal
white American cheese, firehouse cheese blend, bacon, smoked tomato spread & smashed avocado on toasted sourdough

**SALADS**
Served with your choice of side.

**SUPERGREEN CAESAR** 550 cal
grilled chicken, shredded parmesan, tomatoes & parmesan crisps on a bed of romaine and spinach & served with caesar dressing

**BEACH CLUB** 350 cal
grilled chicken, bacon, tomatoes & parmesan crisps on a bed of romaine and spinach & served with salsa ranch dressing

**THAI CHICKEN** 370 cal
grilled chicken, carrots, sesame seeds, cilantro, scallions & wontons on a bed of romaine & served with Thai peanut dressing

**INCLUDED SIDES**
KALE & APPLE SLAW 130 cal
WHOLE FRUIT 90–110 cal
CHIPS 140–210 cal

**PREMIUM SIDES**
JALAPEÑO CORN 150 cal
MAPLE-KISSED SWEET POTATOES 140 cal
FLATBREADS
Served on a toasted flatbread with your choice of side.

**CHIPOTLE CHICKEN CLUB** 490 cal
grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo

**CHICKEN BACON RANCH** 500 cal
grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch

**CHICKEN PESTO** 430 cal
grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto

Substituting plant-based protein for chicken increases calories by 15 for wraps, sandwiches & salads & by 10 for quesadillas & flatbreads.

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4–8 years and 1,400 to 2,000 calories a day for children ages 9–13 years, but calorie needs vary. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.