



# Planet Smoothie Café

## Chew on this!



## Salads

**Sun Dried Tomato & Turkey** 5.49  
turkey, baby greens, sun dried tomato spread, red & green peppers, ranch dressing, on a sun dried tomato wrap

**Asian Chicken** 4.99  
chicken, spring mix, diced tomatoes, chow mein noodles, zesty orange or thai dressing

**Caesar** 4.99  
romaine lettuce, garlic croutons, parmesan cheese, traditional caesar or chipotle southwest caesar dressing

## Sandwiches

Served on your choice of ciabatta, white/wheat pita or wheat bread. Dressed with lettuce, tomato, cheese & mayo.

**Hot Ham & Cheese** 4.99  
**Club Sandwich** 4.89  
turkey, bacon & ham  
**Turkey Sandwich** 4.79  
**Chicken Sandwich** 4.99

**Sides** Fruit Cup 3.99  
or Chips 1.75

**Acai Bowl** 5.49  
organic acai with guarana, apple juice, strawberries, bananas & served with fresh fruit and granola

**Bagels** .99  
plain or everything

**Muffins** 1.85  
banana nut, bran, blueberry



**Breakfast Sandwiches**  
Served on your choice of a bagel or whole wheat english muffin with optional sun dried tomato spread.

**Ham, Egg & Cheese** 2.69  
**Bacon, Egg & Cheese** 2.69  
**Tomato, Bacon, Egg & Cheese** 2.79

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www.planetsmoothie.com



# What's Your Smoothie?

## Protein

**Big Bang™**  
strawberries, bananas & protein blast™

**Chocolate Chimp™**  
chocolate, bananas & protein blast™

**Mr. Mongo™**  
strawberries or chocolate with bananas, yogurt & workout or protein blast™

**Acai™** 5.29 6.29 7.29  
organic acai with guarana, apple juice, strawberries & bananas

## Energy

**Spazz™** PREGNANT  
strawberries, bananas & booster blast™

**Chocolate Elvis™** PREGNANT  
chocolate, peanut butter, bananas, yogurt & booster blast™

**Grape Ape™** PREGNANT DAIRY  
grape juice, strawberries & booster blast™

**Road Runner™** PREGNANT DAIRY  
blueberries, raspberries, strawberries, orange juice & booster blast™

**Frozen Goat™** PREGNANT  
coffee, bananas, chocolate, yogurt & booster blast™

**Berry Bada-Bing™** PREGNANT  
peaches, raspberries, bananas, yogurt & booster blast™

## Wellness

**Thelma & Louise™** DAIRY  
strawberries, pineapple & women's only blast™

**Werewolf™**  
strawberries, bananas, and anti-oxidant blast™

**Yo' Adriane™**  
peaches, strawberries, yogurt & women's only blast™

**Hangover Over™** PREGNANT  
strawberries, bananas, yogurt & anti-stress blast™

**ZeusJuice™** PREGNANT DAIRY  
strawberries, bananas & immune blast™

**Screamsicle™**  
pineapples, peaches, orange juice, yogurt, orange sherbet & anti-oxidant blast™

## Cool Blended

**Twig & Berries™**  
strawberries, bananas & yogurt

**PBJ™**  
peanut butter, strawberries, bananas & yogurt

**Vinnie del Rocco™**  
raspberries, blueberries, strawberries & orange sherbet

**The Last Mango™**  
mangos, peaches, bananas & orange sherbet

**Shag-a-delic™**  
strawberries, blueberries, bananas & yogurt

**Captain Kid 12oz.™** 2.99  
strawberries & orange sherbet

## Weight Loss

**2 Piece Bikini™**  
strawberries or chocolate, bananas & fat burner blast™

**Mediterranean Monster™** DAIRY  
strawberries, bananas, fat burner blast, with a splash of orange™

**Rasmanian Devil™**  
raspberries, bananas & fat burner blast™

**Billy Bob Banana™**  
bananas & fat burner blast™

**Leapin' Lizard™** DAIRY  
peaches, strawberries & fat burner blast™

**Lunar Lemonade™**  
lemonade, strawberries or raspberries, bananas & fat burner blast™

what's your size?  
20oz - 4.29  
32oz - 5.29  
44oz - 6.29



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