

Smooth Haven



Acai

Acai, Strawberry, and Apple Juice
16 oz - 230 cal | 24 oz - 340 cal | Bowl - 140 cal

Pitaya

Dragon Fruit, Mango, Banana, and Coconut Water
16 oz - 240 cal | 24 oz - 340 cal | Bowl - 180 cal

Tropical Mango

Pineapple, Mango, Banana, and Coconut Water
16 oz - 220 cal | 24 oz - 320 cal | Bowl - 160 cal

Green

Spinach, Kale, Mango, Pineapple, Banana, and Soy Milk
16 oz - 310 cal | 24 oz - 480 cal | Bowl - 240 cal

Strawberry Banana

Strawberry, Banana, and Apple Juice
16 oz - 220 cal | 24 oz - 340 cal | Bowl - 140 cal

Peanut Butter Banana

Banana, Peanut Butter, and Vanilla Greek Yogurt
16 oz - 690 cal | 24 oz - 1190 cal | Bowl - 550 cal

Choose Your Liquid Base: Apple Juice, Coconut Water, Soy Milk, or Vanilla Greek Yogurt

Toppings

Strawberries

Blueberries

Raspberries

Blackberries

Banana

Pineapple

Mango

Agave

Granola

Chocolate Chips

Coconut Flakes

Flax Seeds

Chia Seeds

Hemp Seeds

Peanut Butter

Nutella

Extras

Chocolate Whey Protein

Vanilla Whey Protein

Soy Protein

Collagen

Creatine

