**Squeeze & Grind Smoothie Menu**

* **$5 each smoothie**
* **$6 for any with a decaf shot of espresso**

**Raspberry Tickle:** raspberries, banana, raspberry juice, raspberry sherbet

**Just Peachy:** peaches, peach juice, nonfat vanilla frozen yogurt

**Mango Mania:** mangoes, peach juice, nonfat vanilla frozen yogurt

**Mango Tango:** mangoes, strawberries, raspberry juice, orange sherbet

**Guava Passion:** pineapple, banana, guava juice, nonfat vanilla frozen yogurt

**Hawaiian Twist:** blueberries, mangos, guava juice, raspberry sherbet

**Tropical Breeze:** strawberries, mangos, pina colada mix, peach juice, pineapple sherbet & nonfat vanilla frozen yogurt

**Pina Colada:** pineapple, banana, pina colada mix, peach juice, pineapple sherbet & nonfat vanilla frozen yogurt

**Strawberry Colada:** strawberries, pineapple, pina colada mix, peach juice, pineapple sherbet & nonfat vanilla frozen yogurt

**Raspberry Colada:** raspberries, pineapple, pina colada mix, peach juice, raspberry sherbet & nonfat vanilla frozen yogurt

**Ultimate Orange:** strawberries, blueberries, orange juice, orange sherbet

**Strawberry Madness:** strawberries, apple juice, nonfat vanilla frozen yogurt

**Razz Matazz:** raspberries, raspberry juice, raspberry sherbet

**Caribbean Splash:** strawberries, peaches, cranberry juice, orange sherbet

**Island Crush:** strawberries, banana, pineapple juice, orange sherbet

**Peach Pizzazz:** peaches, banana, orange juice, orange sherbet

**Orange Creamcicle:** orange syrup, vanilla cream powder, 2% milk, orange sherbet & nonfat vanilla frozen yogurt

**Banana Cream:** banana, 2% milk, honey, nonfat vanilla frozen yogurt

**Strawberry Banana Bliss:** strawberries, banana, apple juice, nonfat vanilla frozen yogurt

**Caribbean Beach:** peaches, strawberries, peach juice, orange sherbet

**Lime Zing:** raspberries, strawberries, raspberry juice, lime sherbet

**Fruit Orchard:** strawberries, banana, raspberry juice, orange sherbet

**Blueberry Bonkers:** blueberries, strawberries, pineapple juice, raspberry sherbet

**Cranberry Quench:** strawberries, blueberries, cranberry juice, raspberry sherbet

**Peanut Butter Cup:** peanut butter, banana, Hershey syrup, chocolate milk, nonfat vanilla frozen yogurt

**Pineapple Squeeze:** pineapple, banana, pineapple juice, pineapple sherbet

**Blackberry Seeker:** blackberries, banana, apple juice, nonfat vanilla frozen yogurt

**Passion Paradise:** strawberries, mangos, pineapple juice, nonfat vanilla frozen yogurt

**Bahama Breeze:** strawberries, pineapple, guava juice, orange sherbet, & pineapple sherbet

**Berry Soy:** blueberries, strawberries, soy milk, nonfat vanilla frozen yogurt

**Mocha Freeze:** decafespresso, mocha mix, chocolate milk, nonfat vanilla frozen yogurt (sugar free available) Also available in Ghiradelli white chocolate

**Brain Freeze:** decafespresso, brain freeze mix, milk, nonfat vanilla frozen yogurt, \*add any flavor $0.35

**Green Frog:** decaf espresso, crème de menthe, Oreo’s, Hershey syrup, chocolate milk, nonfat vanilla frozen yogurt

**Sam’s Protein Shake:** decafespresso, peanut butter, banana, Hershey syrup, chocolate milk, protein powder, nonfat vanilla frozen yogurt