



old town market

smoothies \$6

Simply Strawberry

Strawberry, banana, dates, whole milk

Awaken the Warrior

Cold brew, banana, date, coconut milk

Tropical Greens

Pineapple, mango, banana, spinach

ChocoNana

Peanut butter powder, chocolate protein powder, banana, almond milk

Mango Tango (Immunity)

Mango, peach, orange juice, coconut milk

Red, White and Blueberry (RWB)

Banana, blueberry, strawberry, peach, coconut milk

PB Banana

Peanut butter powder, banana, dates, almond milk

Zen Monkey

Chai, banana, coconut milk, vanilla protein powder

smoothie bowls \$11.50

berry bowl

coconut milk, banana, blueberries, strawberries, granola, chia, hemp, and honey

caffeine

Coffee (12 oz) \$2.50

Iced Chai (16 oz) \$3.50

Cold Brew (16 oz) \$3.50

Cold Brew Latte (16 oz) \$4.50

(French Vanilla, Hazlenut or Pecan Caramel)

 **gluten free**  **nut free**

 **vegan**  **dairy free**

 **vegetarian**

premium smoothies \$9.50

Lemon Bar

Peach, apple, dates, UMP graham cracker protein, lemon juice, oat milk

Zesty Greens

Spinach, banana, ginger, green apple, lemon, hemp hearts, spirulina, coconut milk

Purple Power Protein (PPP)

Blueberry, banana, spinach, hemp hearts, flax seeds, UMP vanilla, coconut milk

Chocolate Covered Strawberry

Strawberry, banana, spinach, cocoa, chocolate protein powder, chia seeds, coconut milk

Pina Colada

Banana, pineapple, cauliflower, hemp hearts, collagen, coconut milk

Anti-Inflammatory

Strawberry, banana, tumeric, ginger, cauliflower, orange juice, coconut milk

Mudslide

Cold brew, banana, cauliflower, UMP vanilla, pb powder, cocoa powder, coconut milk

protein shakes \$3.50

Milk, frozen bananas and your choice of UMP Protein flavors:  

Cookies & Cream • Vanilla • Chocolate • Strawberry • Rocky Road • Graham Craker • Angel Food Cake

Vegan Protein Powder options:  
Vanilla • Chocolate

Whole, Oat, Almond & Coconut Milk Available