



old town market

house blend smoothies 16 oz

whole fruits and veggies, includes 1 boost of your choice

simply strawberry \$8.35

strawberry, banana, dates, whole milk

mango tango (immunity) \$8.35

mango, peach, orange juice, coconut milk

tropical greens \$6.95

pineapple, mango, banana, spinach

very berry \$8.35

banana, blueberry, strawberry, peach, coconut milk

pb banana \$6.95

peanut butter powder, banana, dates, almond milk

choco nana \$8.35

peanut butter powder, cocoa powder, banana, dates, bee pollen almond milk

power blend smoothies 16 oz

features protein, fat and carbohydrates with additional nutritional boosts

purple power protein (ppp) \$10.45

blueberry, banana, spinach, hemp hearts, flax seeds, ump vanilla, coconut milk

chocolate covered strawberry \$10.45

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

pb & j \$10.45

almond milk, banana, date, blueberry, strawberry, hemp hearts, peanut butter and vanilla protein

super greens \$10.45

mango, apple, banana, spinach, hemp hearts, spirulina, chlorella, turmeric, collagen, orange juice, coconut milk

nutritional boosts \$.50

- bee pollen
- flax seeds
- honey
- activated charcoal
- cocoa
- vitamin c
- fruit
- beet powder
- chia
- ginger
- tumeric
- pb powder
- chlorella
- spinach
- spirulina

choose your milk:

whole, oat, almond, or coconut

seasonal smoothies

gingersnap \$8.35

almond milk, banana, date, chia, molasses, cinnamon, ginger, and vanilla protein

tart cherry vanilla \$10.45

lemon juice, banana, pineapple, tart cherries, cauliflower, beet and vanilla protein

hot beverages

	<u>12oz</u>	<u>16oz</u>
• coffee	\$2.85	\$3.35
• hot tea	--	\$2.00
• chai	\$4.85	\$5.50
• latte	\$4.50	--
• cappuccino	\$4.35	--
• americano	\$3.55	--
• mocha	\$4.85	--
• hot chocolate*	\$5.50	--

*includes whip cream and sprinkles

espresso shot \$2.50

smoothie bowls \$12.85

whole fruits and veggies with gluten-free vanilla almond granola and extra nutritional boosts

berry bowl

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

island bowl

coconut milk, banana, mango, pineapple, spinach, granola, chlorella, and honey

coffee crunch bowl

coconut milk, cold brew, banana, cauliflower, PB Powder, cocoa powder, granola, chia, hemp, and honey

protein shakes \$4.95

milk, frozen bananas, you choose a protein

whey protein powder options:

cookies & cream • vanilla • chocolate
angel food cake • graham craker
strawberry • rocky road

vegan protein powder options:

vanilla • chocolate

additional protein \$1.50

- collagen
- hemp seeds
- protein powder