

# old town market

## house blend smoothies 8.65

### simply strawberry

strawberry, banana, dates, whole milk

### mango tango (immunity)

mango, peach, orange juice, coconut milk

### tropical greens

pineapple, mango, banana, spinach

### very berry

banana, blueberry, strawberry, peach, coconut milk

### pb banana

peanut butter powder, banana, dates, almond milk

### choco nana

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

## power blend smoothies 10.75

### 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

### pb & j

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

### super greens

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

## protein shakes 5.85

milk, frozen bananas, and your choice of:

### whey protein powder options:

vanilla  
chocolate  
cookies & cream  
angel food cake  
strawberry

### vegan protein options:

vanilla  
chocolate

## customize your smoothie

### choose your milk:

whole, oat, almond, or coconut

### add a boost: .50

1.50

- bee pollen
- chia
- chlorella
- cocoa
- fruit
- flax seeds
- ginger
- honey
- pb powder
- spinach
- spirulina
- turmeric
- collagen
- hemp seeds
- protein powder

## hot or cold beverages

cold brew 4.50  
latte 5.50  
cappuccino 5.50  
americano 4.50  
mocha 5.50  
espresso shot 4  
chai 5.50  
hot tea 2

add whipped cream .50

