



343B Main St. Hackensack NJ 07601  
(inside of E.S. Body-fitness Gym)

Phone: 201-880-5004

Hours

MON - FRI 8:00AM - 9:00PM | SAT - SUN 8:00AM - 6:00PM

## SMOOTHIES



\$7.25 \$8.25  
16 oz. 24 oz.

### Pom Tree

Banana, Yogurt, Honey, Pomegranate, Strawberries

### Fireworks

Agave, Banana, Blueberries, Orange Juice, Spinach, Strawberries

### Mango Matcha

Honey, Mango, Matcha Green Tea, Pineapple, Pineapple Juice, Spinach

### BE Kaleful

Banana, Honey, Kale, Orange Juice, Pineapple

### Tropicana

Banana, Coconut Milk, Honey, Mango, Orange

### 5 Karrot Gold

Agave, Banana, Carrots, Mango, Orange Juice

### Piña Colada

Banana, Coconut Milk, Honey, Pineapple, Vanilla Extract

### Strawberry Rider

Agave, Yogurt, Lemon Juice, Peaches, Strawberries

### Cranberry Punch

Banana, Cranberries, Honey, Orange Juice, Peach

### Strawberry Mint

Agave, Almond Milk, Bananas, Peppermint Leaves, Strawberries, Vanilla Yogurt

### Very Berry

Agave, Black Berries, Blueberries, Chia Seeds, Lemon Juice, Raspberries, Strawberries

## BOOST

Creatine: \$1.00

Multi Vitamin: \$2.00

Vegan Protein: \$1.25

Matcha Green Tea \$1.50

Hemp Seeds: \$3.00

Wheatgrass: \$3.00

Whey Protein: \$1.25

## SHOTS \$3.75

Wheatgrass

Ginger Shot

Beets me  
Beets + Ginger

Turmeric Ginger  
Turmeric + Ginger

Dragon's Breath

Cayenne Pepper, Lemon, Ginger

Tiger Bone

Ginseng root, yohimbe bark dandelion root, sarsaparilla, guarana seed, saw palmetto roots, astragalus, horny goat weed, brown sugar

Sweet Apple Ginger

Apple Cider Vinegar + Ginger + Honey

Cinnamon Apple

Apple Cider Vinegar, Cinnamon, Honey



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16 oz. 24 oz.

## FRESH JUICES

Fresh Squeezed Orange

Carrot Juice

Dance 2 The Beet

Apple, Beets, Carrots, Ginger

Citrus Deluxe

Carrots, Ginger, Honey, Oranges, Turmeric

Waterslide

Cucumber, Lime, Watermelon

Pine N Ginger

Pineapple, Lemon, Ginger, Raw Sugar

Cool Greens

Cucumber, Apple, Ginger, Celery

Green Day

Orange, Apple, Kale, Spinach, Cucumber

Coconut Breeze

Coconut Water, Ginger, Lime, Pineapple

Green Supreme

Apples, Celery, Broccoli

Sweet Orange

Apples, Carrots, Ginger, Sweet Potato

Carrot-Apple

Apples, Carrots

## POWER SMOOTHIES



\$8.25 \$9.25  
20 oz. 24 oz.

### Cookies & Cream

Almond Milk, Oreos, Cocoa Powder, Whey Protein

### Green Machine

Almond Milk, Banana, Flax Seed, Peanut Butter, Spinach, Whey Protein

### Popeye Strong

Banana, Orange Juice, Pineapple Juice, Spinach, Whey Protein

### Strawberry Swirl

Coconut Milk, Yogurt, Orange Juice, Strawberries, Whey Protein

### Orange Detox

Carrots, Flax Seed, Ginger, Honey, Lemon, Orange Juice, Whey Protein

### PB&J

Almond Milk, Mixed Berries, Oats, Peanut Butter, Whey Protein

### Honey Banana

Banana, Almond Milk, Yogurt, Honey, Oats, Whey Protein

### Creamy Avocado

Almond Milk, Avocado, Banana, Honey, Kale, Vanilla Protein

### Vanilla Green Tea

Almond Milk, Banana, Honey, Matcha Green Tea, Vanilla Yogurt, Vanilla Protein

## ADDITIONAL INGREDIENTS (\$ .50 each)

Fruit / Vegetables

Chia Seeds

Ginger

Mint leaves

Graham Crackers

Turmeric

Cinnamon

Flax Seeds

Cayenne Pepper

Marshmallows

Cocoa Powder

Granola

Oreos

Oats