SMOOTHIE KING MENU

Fitness Blends

		calories
The Activator®●●●●	**STRAWBERRY BANANA** | Strawberries, Bananas, Coconut Water, Gladiator Protein	270/410/530
	PINEAPPLE | Pineapples, Apple Juice, Coconut Water, Gladiator Protein, Bananas	300/450/600
	BLUEBERRY STRAWBERRY | Strawberries, Coconut Water, Blueberry Juice Blend, Gladiator Protein	300/450/600
	CHOCOLATE | Bananas, Coconut Water, Gladiator Protein, 100% Cocoa	220/320/420
Gladiator®●●●	Gladiator® Protein (Vanilla, Chocolate, Strawberry) & Choice of Two Fruits	230-730/230-990/ 240-1240
Original High Protein●●●●	*Banana, Chocolate, Lemon or Pineapple* Whey Protein, Protein Blend & Almonds *(Chocolate contains Non-Fat Milk, 100% Cocoa and Turbinado)*	320-420/490-630/ 650-840
Coffee High Protein●●●●	*Vanilla, Almond Mocha, Raspberry Mocha, Cinnamon Latte* Cold Brew Coffee, Whey Protein, Protein Blend, Almonds, Turbinado, Non-fat Milk *(Almond Mocha and Raspberry Mocha contain 100% cocoa, Raspberry Mocha contains Raspberry Puree, Cinnamon Latte contains Cinnamon)*	370-430/550-650/ 740-870
The Hulk™●●●●●	*Chocolate, Strawberry or Vanilla* Butter Pecan Ice Cream, Bananas, Weight Gain Blend, Non-Fat Milk, Turbinado, Super Grains, Whey Protein & Vanilla with Other Natural Flavors *(Strawberry contains Strawberries)*	770-910/1150-1360/ 1540-1810
Peanut Power Plus™ ●●●●●	*Strawberry or Chocolate* Peanut Butter, Bananas, Turbinado & Non-Fat Milk *(Chocolate contains 100% Cocoa, Protein Blend; Strawberry contains Strawberries)*	590-660/900-1000/ 1180-1320
Power Punch Plus®●●●	Strawberries, Bananas, Vanilla with Other Natural Flavors, Non-Fat Milk, Nutrient Mix, Whey Protein, Super Grains & Turbinado	430/640/850

Slim Blends

		calories
Angel Food™●	Strawberries, Bananas, Non-Fat Milk, Vanilla with Other Natural Flavors & Turbinado	350/525/700
Greek Yogurt●	**STRAWBERRY BLUEBERRY** | Oikos® Greek Nonfat Yogurt, Strawberries, Blueberry Juice Blend, Non-fat Milk, Protein Blend, Electrolyte Mix & Fiber Blend	310/490/620
	PINEAPPLE MANGO | Pineapples, Mangoes, Oikos® Greek Nonfat Yogurt, Bananas, Passion Fruit Juice Blend, Pineapple Mango Juice Blend, Protein Blend, Nonfat Milk, Fiber Blend, Electrolyte Mix	290/440/ 580
	PEACH PAPAYA | Peaches, Oikos® Greek Nonfat Yogurt, Pineapple Mango Juice Blend, Papaya Juice Blend, Protein Blend, Nonfat Milk, Fiber Blend, Electrolyte Mix	340/510/ 680
Island Impact®	Pineapples, Mango Sorbet, Pineapple Mango Juice Blend, Papaya Juice Blend, Protein Blend	290/430/570
Lean 1®●●●	*Chocolate, Strawberry, Vanilla or Pineapple Mango* Lean1® Protein *(Chocolate & Vanilla contain Almonds & Bananas, Strawberry contains Strawberries, Pineapple Mango contains Pineapples, Mangoes & Pineapple Mango Juice Blend)*	270-340/440-510/ 540-680

Mangofest™	Mangoes, Pineapple Mango Juice Blend, Papaya Juice Blend	280/430/570
The Shredder™●●	*Vanilla, Chocolate or Strawberry* Gladiator® Protein, Diet Down Enhancer & Protein Blend *(Chocolate contains 100% Cocoa)*	283-356/425-534 /566-712
Slim-N-Trim™●●	*Chocolate, Strawberry or Vanilla* Protein Blend, Gladiator® Protein, Lean1™ Protein, Stevia-Based Sweetener, & Fiber Blend *(Chocolate & Vanilla contain Bananas, Strawberry contains Strawberries, Chocolate contains Non-fat Milk & 100% Cocoa)*	210-250/310-370/ 420-500
Strawberry X-Treme®	Strawberries & Papaya Juice Blend	320/480/640

Wellness Blends

		calories
Acai Adventure®●●	Acai Sorbet, Apple Juice, Blueberry Juice Blend, Protein Blend & Turbinado	435/653/870
Berry Punch®	Strawberries, Raspberry Sorbet, Blueberry Juice Blend & Electrolyte Mix	360/540/720
Blueberry Heaven®	Blueberry Juice Blend, Bananas & Protein Blend	325/488/650
Green Tea Tango®●●●	Matcha Green Tea, Choice of One Fruit, Protein Blend, Vanilla Frozen Yogurt & Turbinado	295-498/443-747 /590-996
Immune Builder®●	**ORANGE** | Pineapples, Bananas, Pineapple Mango Juice Blend, Orange Juice, Almond Milk, Herbal Immune Enhancer	390/590/780
	MIXED BERRY | Strawberries, Raspberry Puree, Bananas, Almond Milk, Mangosteen Juice Blend, Blueberry Juice Blend, Herbal Immune Enhancer	300/450/720
Mangosteen Madness™●	Mangosteen Juice Blend, Strawberries, Papaya Juice Blend, Kiwi Juice Blend & Turbinado	380/570/760
Orange Ka-BAM®●	Bananas, Orange Juice, Mango Juice Blend, Electrolyte Mix & Turbinado	465/698/930
Pure Recharge®	**MANGO STRAWBERRY** | Strawberries, Mangoes, Pure Recharge, Pineapple Mango Juice Blend, Electrolyte Mix	290/430/570
	STRAWBERRY | Protein Blend, Strawberries, Pure Recharge , Nutrient Mix & Electrolyte Mix	240/360/ 490
Super Punch Plus®	Strawberries, Bananas, Papaya Juice Blend & Electrolyte Mix	395/593/790
Vegan●	**MANGO KALE** | Bananas, Mangoes, Pineapple Mango Juice Blend, Apple Juice, Kale, Almonds, Sunwarrior® Raw Plant Based Protein	320/490/ 640
	DARK CHOCOLATE BANANA | Sunwarrior® Raw Plant-Based Protein, 100% Cocoa, Bananas & Acai Sorbet	330/490/650
	NUTTY SUPER GRAIN | Sunwarrior® Raw Plant-Based Protein, Peanut Butter, Apple Juice, Bananas, 100% Cocoa, Almond Milk & Super Grains	440/660/880
Veggie Blends	**APPLE KIWI KALE** | Kale, Apple Juice, Kiwi Juice Blend, Bananas & Electrolyte Mix	277/416/554
	BERRY CARROT DREAM™ | Carrots, Orange Juice, Apple Juice, Strawberries, Bananas & Electrolyte Mix	278/417/556
	CARROT KALE DREAM™ | Carrots, Kale, Bananas, Orange Juice, Apple Juice & Protein Blend	222/333/444

Take a Break Blends

		calories
Banana Berry Treat®●●	Strawberries, Bananas, Protein Blend, Raspberry Sorbet & Turbinado	360/540/720
Banana Boat®●●	Bananas, Vanilla Frozen Yogurt, Protein Blend & Turbinado	477/699/954
Caribbean Way®●	Strawberries, Bananas, Papaya Juice Blend & Turbinado	395/595/790
Light & Fluffy®●	Bananas, Strawberries, Orange Juice & Turbinado	395/593/790
Lemon Twist Strawberry™●	Strawberries, Lemon Juice Blend, Papaya Juice Blend & Turbinado	398/597/796
Muscle Punch®●	Strawberries, Bananas, Vanilla with Other Natural Flavors, Non-Fat Milk, Super Grains, Whey Protein & Turbinado	360/540/720
Passion Passport®●	Passion Fruit Juice Blend, Bananas, Pineapple Mango Juice Blend, Papaya Juice Blend, Turbinado	390/590/780
Peach Slice Plus®●	Peaches, Strawberries, Papaya Juice Blend, Non-Fat Milk & Turbinado	400/600/800
Pineapple Pleasure®●	Pineapple, Bananas, Papaya Juice Blend & Turbinado	280/420/560
Pineapple Surf®●	Protein Blend, Pineapples, Strawberries, Kiwi Juice Blend, Vanilla with Other Natural Flavors & Turbinado	461/737/922
Raspberry Collider™	Raspberry Sorbet, Raspberry Puree, Bananas, Orange Juice, & Electrolyte Mix	338/507/676
Strawberry Kiwi Breeze®	Protein Blend, Strawberries, Kiwi Juice Blend & Papaya Juice Blend	376/564/752
Yogurt D-Lite®●●	Protein Blend, Vanilla Frozen Yogurt, Choice of One Fruit, Non-Fat Milk & Turbinado	210-250/522-825 /696-1,100

Kids Cups

100% of the RDA Vitamins for Kids

		calories
Apple Kiwi Bunga™	Kale, Apple Juice, Kiwi Juice Blend, Bananas, Electrolyte Mix & Kids Multi-Vitamin	150
Choc-A-Laka™	Vanilla Frozen Yogurt, 100% Cocoa, Turbinado & Kids Multi-Vitamin	210
Lil' Angel™	Strawberries, Bananas & Kids Multi-Vitamin	210
Strawberry Bluegurt Blitz™	Oikos® Greek Nonfat Yogurt, Strawberries, Blueberry Juice Blend, Non-Fat Milk, Protein Blend, Electrolyte Mix, Kids Multi-Vitamin	160

Enhancers

Enhance your Smoothie King nutritional Smoothie with one of our Smoothie Enhancers. Our Enhancers are recommended for adults 18 and older.

Diet Down - Contains Chromium to help burn carbohydrates and fats, Green Tea to increase fat metabolism; L-Carnitine to help the body produce energy, 5 HTP to decrease the appetite and fiber to slow down digestion to keep us feeling fuller longer. Caution: Do not consume this Enhancer if pregnant, lactating or currently taking antidepressants. Calories = 20

Energy Boost - Contains Ginkgo Biloba and Siberian Ginseng. This formula is designed to help increase energy, brain function and mental alertness and is stimulant free. Calories = 25

Fiber Blend - 8g of soluble fiber. Helps protect against heart disease, diabetes, diverticular disease and constipation. Calories = 15

Herbal Immune - Contains 1,000mg Vitamin C and 27 Fruits/Veggies. Calories = 25

Multivitamin - Contains all of the B-Complex vitamins that help to promote a healthy cardiovascular system, nervous system, hair, skin and nails and also assists in converting food into energy. The antioxidant vitamins C and E, and the minerals Zinc and Selenium, along with other nutrients, are a vital part of this formula to support immune function and protect cells from the damaging effects of free radicals. Calories = 25

Muscle Builder - Contains 100% pure Creatine Monohydrate and the amino acids L-Glutamine and Taurine. This formula can help to build muscle as well as increase strength and endurance. It can also help speed up recovery time after workouts. Calories = 5

Probiotic - Contains healthy bacteria, which help maintain a healthy intestinal tract and support the immune system. Calories = 0

Pure Recharge - Natural Green Coffee Bean Extract, CoffeeBerry® Brand Whole Coffee Fruit Concentrate, Green Tea Extract, Yerba Mate Extract, Gingko Biloba Extract. All natural blend of vitamins and herbs that helps provide sustained energy. Calories = 0

Super Grains - A blend of seven ancient grains, including Teff, Amaranth, Buckwheat, Millet, Chia, Quinoa and Flax. This proprietary blend can help maintain a healthy diet with essential amino acids, protein and fiber. Calories = 30

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

- The Hulk™ Smoothies contain Pecans from Butter Pecan Ice Cream.
- Peanut Power Plus™ Smoothie contains Peanut Butter.
- High Protein Smoothies and Lean 1 contain Almonds.
- Nutritional information will vary depending on the fruits/juices you choose.
- Nutritional information will vary depending on the flavor you choose.
- These Smoothies contain a smaller amount of Turbinado, and you save 50 calories and 11.5g carbs.
- Meal Replacement Smoothie.
- Smoothie can be made Skinny.

All Smoothies are gluten-free.

Some Smoothie King Smoothies are not listed on our menu board; ask your team member for availability.
Nutritional information is calculated based upon correct portioning of Smoothie King's standard recipes. Because our Smoothies may be customized, exact information may vary. For any additional information, please call 1-800-577-4200.

If you have food allergies, please let us know so that we may take extra precautions when making your Smoothie.