

SMOOTHIES

SUPER VEGGIES

ISLAND GREEN® 410 cal
spinach, kale, mango, pineapple & banana

AVOCOLADA™ 600 cal
avocado, pineapple, spinach, kale, coconut & lime

DETOX ISLAND GREEN® 180 cal
spinach, kale, mango, pineapple, banana & fresh ginger
(naturally sweetened)

BALANCED FUSIONS

PEANUT PARADISE™ 730/680 cal
peanut butter, banana, non-fat yogurt with choice of pea
or whey protein

CHIA BANANA BOOST® 770/610 cal
roasted banana, chia seeds, almonds, whole-grain oats,
cinnamon, dates & coconut with choice of peanut butter
or strawberries

TRIPLE BERRY OAT™ 410 cal
strawberries, blueberries, cranberry, multivitamin,
ground flaxseed, whole-grain oats, whey protein &
Splenda®

LEAN MACHINE™ 490 cal
strawberries, banana, fat burner & energizer

ACAI BERRY BOOST™ 470 cal
acai, pomegranate, banana, blueberries & strawberries

All smoothies made with turbinado unless otherwise noted or requested. Splenda® substitute available (subtracts 100-220 cal). Coconut, cranberry, kiwi, lime, pomegranate and orange juice flavors from concentrate.



GIVE IT A BOOST

**Add a supplement to
your smoothie**



SMOOTHIES

FRUIT BLENDS

SUNRISE SUNSET™ 400 cal
strawberries, pineapple, mango & orange juice

JETTY PUNCH™ 370 cal
strawberries & banana

KIWI QUENCHER® 450 cal
kiwi, strawberries & non-fat yogurt

PARADISE POINT™ 430 cal
strawberries, banana & pineapple

MANGO MAGIC™ 400 cal
mango, pineapple & non-fat yogurt

BLIMEY LIMEY™ 480 cal
strawberries, pineapple, orange juice & lime

BLUEBERRY BLISS™ 340 cal
blueberries, strawberries & banana

POMEGRANATE PLUNGE™ 520 cal
pomegranate, banana, cranberry & strawberries

TROPICAL TREATS

BAHAMA MAMA™ 510 cal
strawberries, pineapple, coconut & white chocolate

PEANUT BUTTER CUP™ 700 cal
peanut butter, banana & chocolate

BEACH BUM™ 550 cal
strawberries, banana & chocolate

MOCHA MADNESS™ 540 cal
chocolate, coffee, cappuccino & non-fat yogurt

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FRESH ADD-INS

**Add some love to
your smoothie**

WRAPS & QUESADILLAS

CHOOSE
YOUR SIDE

WRAPS

Served in a toasted flour tortilla with your choice of side.

CARIBBEAN JERK CHICKEN 590 cal
grilled chicken, rice, black beans, cheddar,
roasted pineapple salsa, romaine & jerk sauce

Caribbean
Jerk Chicken

BUFFALO CHICKEN 510 cal
grilled chicken, tomatoes, romaine,
mozzarella, buffalo sauce & lite ranch

BAJA CHICKEN 640 cal
grilled chicken, rice, black beans,
smashed avocado, romaine, pickled
red onions, cheddar & roasted
tomato salsa

THAI CHICKEN 500 cal
grilled chicken, carrots, sesame
seeds, wontons, cilantro, scallions,
romaine & Thai peanut sauce

Thai
Chicken

HUMMUS VEGGIE 710 cal
hummus, smashed avocado, pepper jack,
romaine, rice, black beans, pickled red
onions, tomatoes & lite ranch

SUPERGREEN CAESAR CHICKEN 600 cal
grilled chicken, romaine, spinach, shredded parmesan,
tomatoes, parmesan crisps & caesar

Upgrade
your side to
Jalapeño
Corn

QUESADILLAS

Served in a pressed flour tortilla with your choice of side.

SANTA FE CHICKEN 600 cal
grilled chicken, black beans, roasted red pepper & onion,
queso blanco, cheddar, a smoked cheese blend & roasted
tomato salsa

THREE CHEESE CHICKEN 550 cal
grilled chicken, queso blanco, cheddar, a smoked cheese
blend & roasted tomato salsa

INCLUDED SIDES

KALE & APPLE SLAW 130 cal

WHOLE FRUIT 90-110 cal

CHIPS 140-210 cal

PREMIUM SIDES

JALAPEÑO CORN | 150 cal

MAPLE-KISSED SWEET POTATOES | 140 cal



SANDWICHES & SALADS

SANDWICHES

Served with your choice of side.

TURKEY BACON RANCH | 560 cal
turkey, bacon, tomatoes, romaine, swiss & lite ranch on ciabatta

CHICKEN CAPRESE 660 cal
grilled chicken, fresh mozzarella, parmesan, tomatoes, pesto & balsamic glaze pressed on ciabatta
Add bacon (adds 60 cal)

SMOKY GRILLED CHEESE 650 cal
fresh mozzarella, white American cheese, bacon & smoked tomato spread on toasted sourdough

AVOCADO GRILLED CHEESE 930 cal
white American cheese, firehouse cheese blend, bacon, smoked tomato spread & smashed avocado on toasted sourdough



Turkey
Bacon Ranch



Avocado Grilled
Cheese

SALADS

Served with your choice of side.

SUPERGREEN CAESAR 550 cal
grilled chicken, shredded parmesan, tomatoes & parmesan crisps on a bed of romaine and spinach & served with caesar dressing

BEACH CLUB 350 cal
grilled chicken, bacon, tomatoes & parmesan crisps on a bed of romaine and spinach & served with salsa ranch dressing

THAI CHICKEN 370 cal
grilled chicken, carrots, sesame seeds, cilantro, scallions & wontons on a bed of romaine & served with Thai peanut dressing



Thai Chicken

CHOOSE
YOUR SIDE

INCLUDED SIDES

KALE & APPLE SLAW 130 cal
WHOLE FRUIT 90-110 cal
CHIPS 140-210 cal

PREMIUM SIDES

JALAPEÑO CORN | 150 cal
MAPLE-KISSED SWEET POTATOES 140 cal

FLATBREADS

FLATBREADS

Served on a toasted flatbread with your choice of side.

CHIPOTLE CHICKEN CLUB 490 cal

grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo

CHICKEN BACON RANCH 500 cal

grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch

CHICKEN PESTO 430 cal

grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto



Substituting plant-based protein for chicken increases calories by **15** for wraps, sandwiches & salads & by **10** for quesadillas & flatbreads.

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4–8 years and 1,400 to 2,000 calories a day for children ages 9–13 years, but calorie needs vary. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.