



**TigerTown
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Local Restaurants. Local Delivery

334-209-2844

<http://www.tigertowntogo.com>

Smoothie King South College

Slim Blends

Purposefully blended to help you stay on track, with under 350 calories for every 20 oz

Slim-N-Trim

Vanilla, Veggie, Chocolate, Strawberry or Blueberry: Protein Blend, Gladiator Protein, Lean1 Protein, Stevia-Plant Based Sweetener, Fiber Blend Enhancer, Bananas and Vanilla Flavor With Other Natural Flavors (in Van); Bananas, Nonfat Milk, 100% Cocoa (in Choc); Strawberries (in Straw); Wild Blueberries and Apple Blueberry Juice Blend (in Blue)

Metabolism Boost

STRAWBERRY PINEAPPLE: Pineapples, Strawberries, Kiwi Apple Juice Blend, Gladiator Protein Vanilla, Protein Blend, Metabolism Boost Enhancer, Fiber Blend Enhancer. **MANGO GINGER:** Mangoes, Bananas, Spinach - Organic, White Grape Lemon Juice Blend, Gladiator Protein Vanilla, Protein Blend, Ginger - Organic, Metabolism Boost Enhancer, Fiber Blend Enhancer

Lean1

VANILLA: Lean1 Protein, Bananas, Almonds. **CHOCOLATE:** Lean1 Protein, Bananas, Almonds. **STRAWBERRY:** Strawberries, Lean1 Protein. **PINEAPPLE MANGO:** Pineapple, Mangoes, Lean1 Protein, Pineapple Mango Juice Blend

Greek Yogurt

STRAWBERRY BLUEBERRY: Strawberries, Wild Blueberries, Greek Nonfat Yogurt, Apple Blueberry Juice Blend, Pear Juice Blend, Nonfat Milk, Protein Blend, Electrolyte Blend, Fiber Blend Enhancer. **PINEAPPLE MANGO:** Bananas, Pineapples, Mangoes, Greek Nonfat Yogurt, Apple Pineapple Juice Blend, Pear Passionfruit Juice Blend, Nonfat Milk, Protein Blend, Electrolyte Blend, Fiber Blend Enhancer. **PEACH PAPAYA:** Peaches, Apple Pineapple Juice Blend, Papaya Juice Blend, Greek Nonfat Yogurt, Nonfat Milk, Protein Blend, Electrolyte Blend, Fiber Enhancer.

Angel Food Slim

Bananas, Strawberries, Pear Juice Blend, Protein Blend, Stevia Plant-Based Sweetener

Island Impact

Pineapples, Mangoes, Papaya Juice Blend, Apple Pineapple Juice Blend, Protein Blend

Mangofest

Mangoes, Apple Pineapple Juice Blend, Papaya Juice Blend

Kids Blends

Fitness Blends

Purposefully blended with protein-rich ingredients to help you fuel up or recover faster.

Gladiator

Vanilla, Chocolate or Strawberry: Gladiator Protein, Choice of Two Fruits/Veggies

The Hulk

Vanilla, Chocolate, Coffee or Strawberry: Bananas, Butter Pecan Ice Cream, Weight Gain Blend, Turbinado, Super Grain Enhancer; 100% Cocoa (in Choc and Coffee), Strawberries (in Straw), Cold Brew Coffee (in Coffee)

Keto Champ Smoothie

BERRY: Blueberries (Wild), Raspberries, Keto Protein Blend, Almond Butter, Califia Farms Almond Milk, 100% Cocoa; **CHOCOLATE:** Califia Farms Almond Milk, Almond Butter, Keto Protein Blend, Protein Blend, 100% Cocoa, Stevia Plant-Based Sweetener; **COFFEE:** Cold Brew Coffee, Keto Protein Blend, Almond Butter, Califia Farms Almond Milk, 100% Cocoa.

HIIT Fit Smoothie

VEGGIE MANGO: Spinach - Organic, Mangoes, Almonds, Bananas, FITAID + Paleo Protein Enhancer. **CHOCOLATE CINNAMON:** 100% Cocoa, Almond Butter, FITAID + Paleo Protein Enhancer, Bananas, Dates, Califia Farms Almond Milk.

Coffee High Protein Smoothie

ALMOND MOCHA: Cold Brew Coffee, Dates, Nonfat Milk, Dairy Whey Blend, Almonds, Whey Protein, 100% Cocoa. **VANILLA:** Cold Brew Coffee, Dates, Nonfat Milk, Dairy Whey Blend, Almonds, Whey Protein

The Activator

STRAWBERRY BANANA: Strawberries, Bananas, Coconut Water, Gladiator Protein. **BLUEBERRY STRAWBERRY:** Strawberries, Coconut Water, Blueberry Juice Blend, Gladiator Protein, Protein Blend, Wild Blueberries. **CHOCOLATE:** Bananas, Coconut Water, Gladiator Protein, Protein Blend, 100% Cocoa. **PINEAPPLE:** Pineapple, Apple Juice, Coconut Water, Gladiator Protein, Bananas. **COFFEE:** Cold Brew Coffee, Gladiator Protein Chocolate, Protein Blend, Bananas, Coconut Water, Nonfat Milk

Peanut Power Plus

Original, Chocolate or Strawberry. Bananas, Peanut Butter, Dates, Nonfat Milk, Protein Blend; 100% Cocoa (in Choc), Strawberries and Turbinado (in Straw)

Power Punch Plus

Bananas, Strawberries, Vanilla

Wellness Blends

Purposefully blended with vitamins essential to maintaining a healthy body.

Vegan

MANGO KALE: Bananas, Mangoes, Kale - Organic, Apple Juice, Apple Pineapple Juice Blend, Almonds, Sunwarrior Organic Vegan Protein. **NUTTY SUPER GRAIN:** Vanilla Flavor With Other Natural Flavors, Apple Juice, Bananas, Peanut Butter, Super Grains Enhancer, 100% Cocoa, Sunwarrior Organic Vegan Protein, Califia Farms Almond Milk. **DARK CHOCOLATE BANANA:** Bananas, Dates, Blueberries (Wild), Vanilla Flavor With Other Natural Flavors, 100% Cocoa, Sunwarrior Organic Vegan Protein. **PINEAPPLE SPINACH:** Bananas, Pineapples, Apple Pineapple Juice Blend, White Grape Lemon Juice Blend, Almonds, Sunwarrior Organic Vegan Protein, Stevia Plant-Based Sweetener, Spinach - Organic, Carrots - Organic

Daily Warrior

Bananas, Blueberries (Wild), Apple Blueberry Juice Blend, Dates, Peanut Butter, Almonds, Stevia Plant-Based Sweetener, Spinach - Organic

The Premama

Bananas, Blueberries (Wild), Raspberries, Apple Juice, Protein Blend, Stevia Plant-Based Sweetener, Premama Prenatal Multivitamin Enhancer, Spinach - Organic

Immune Builder

Bananas, Strawberries, Blueberries (Wild), Raspberries, Pear Juice Blend, Apple Blueberry Juice Blend, Immune Support Enhancer, Califia Farms Almond Milk

Blueberry Heaven

Bananas, Blueberries (Wild), Apple Blueberry Juice Blend, White Grape Lemon Juice Blend, Protein Blend

Veggie Blends

APPLE KIWI KALE: Bananas, Kale - Organic, Apple Juice, Kiwi Apple Juice Blend, Electrolyte Blend. **LEMON GINGER SPINACH:** Mangoes, Pineapples, Papaya Juice Blend, White Grape Lemon Juice Blend, Stevia Plant-Based Sweetener, Spinach - Organic, Carrots - Organic, Kale - Organic, Ginger - Organic. **CARROT KALE DREAM:** Bananas, Kale - Organic, Carrots - Organic, White Grape Lemon Juice Blend, Apple Pineapple Juice Blend, Protein Blend, Electrolyte Blend.

Pure Recharge

MANGO STRAWBERRY:

Purposefully blended to help them stay happy, with flavors they'll love

Choc-A-Laka \$3.49

Vanilla Flavor With Other Natural Flavors, Â Turbinado, Â Dairy Whey Blend, Â 100% Cocoa, Â Multivitamin Enhancer, Â Vanilla Frozen Yogurt

Lil Angel \$3.49

Bananas, Â Strawberries, Â Multivitamin Enhancer

Strawberry Bluegurt Blitz \$3.49

Strawberries, Â Greek Nonfat Yogurt, Â Apple Blueberry Juice Blend, Â Nonfat Milk, Â Dairy Whey Blend, Â Multivitamin Enhancer

Flavor With Other Natural Flavors, Nutrient Blend, Super Grains Enhancer, Turbinado

Break Time Blends

Purposefully blended to help you reward yourself or simply enjoy the day.

Angel Food

Strawberries, Bananas, Vanilla Flavor With Other Natural Flavors, Nonfat Milk, Turbinado

Banana Boat

Bananas, Turbinado, Dairy Whey Blend, Vanilla Frozen Yogurt

Yogurt D-Lite

Nonfat Milk, Turbinado, Dairy Whey Blend, Vanilla Frozen Yogurt, Choice of One Fruit/Veggie

Berry Punch

Strawberries, Blueberries (Wild), Raspberries, Apple Blueberry Juice Blend, Electrolyte Blend

Pineapple Surf

Strawberries*, Pineapples, Kiwi Apple Juice Blend, Vanilla Flavor With Other Natural Flavors, Turbinado, Dairy Whey Blend

Banana Berry Treat

Bananas, Strawberries, Raspberries, Papaya Juice Blend, Dairy Whey Blend

Green Tea Tango

Matcha Green Tea, Dairy Whey Blend, Turbinado, Vanilla Frozen Yogurt Choice of One Fruit/Veggie

Muscle Punch

Bananas, Strawberries, Vanilla Flavor With Other Natural Flavors, Nonfat Milk, Turbinado, Whey Protein, Super Grains Enhancer

Strawberry X-Treme

Strawberries, Papaya Juice Blend

Caribbean Way

Bananas, Strawberries, Papaya Juice Blend, Turbinado

Strawberry Kiwi Breeze

Strawberries, Kiwi Apple Juice Blend, Papaya Juice Blend, Dairy Whey Blend

Lemon Twist Strawberry

Strawberries, Â White Grape Lemon Juice Blend, Â Papaya Juice Blend, Â Turbinado

Passion Passport

Bananas, Pear Passionfruit Juice Blend, Papaya Juice Blend, Apple Pineapple Juice Blend, Turbinado

Strawberries, Mangoes, Apple Pineapple Juice Blend, Pure Recharge Enhancer, Electrolyte Blend STRAWBERRY: Pure Recharge

Enhancer, Strawberries, Pear Juice Blend, Nutrient Blend, Protein Blend, Electrolyte Blend.

PINEAPPLE:

Bananas, Pineapples, Pure Recharge® Enhancer, Apple Pineapple Juice Blend, Nutrient Blend.