



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, 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 Flavor With Other Natural

## 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	

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.