

HELP ME LOSE WEIGHT



Lean Out

24oz. 600 Cal/5/56 | 32oz. 900 Cal/9/67
Banana, Peanut Butter, Whey Protein, Nonfat Milk

Low Carb

Choose a Flavor, Whey Protein, Banana

w/Flax

24oz. 480 Cal/2/48 | 32oz. 515 Cal/2/48

w/ Peanut butter

24oz. 680 Cal/5/59 | 32oz. 715 Cal/5/59

Energizer

24oz. 345 Cal/0/20 | 32oz. 440 Cal/0/20

Strawberry, Banana, Whey Protein, Nonfat Milk, Multi-Vitamin, Energy, Fiber

Fruity Supreme

24oz. 270 Cal/0/8 | 32oz. 360 Cal/0/8

Strawberry, Banana, Nonfat Milk

Island Breeze

24oz. 240 Cal/0/2 | 32oz. 300 Cal/0/2

Strawberry, Papaya, Banana

Just Peachy

24oz. 230 Cal/0/8 | 32oz. 260 Cal/0/8

Peach, Strawberry, Papaya, Whey Protein

Lean Body

330 Cal/2.5/40 (24 oz only)

Choose One Flavor: Vanilla, Chocolate, Strawberry or Chocolate Peanut Butter

Orange Twister

24oz. 130 Cal/0/8 | 32oz. 130 Cal/0/8

Orange, Banana, Whey Protein, Energy

Pacific Splash

24oz. 240 Cal/0/3 | 32oz. 300 Cal/0/3

Strawberry, Orange, Banana

Pineapple Bliss

24oz. 185 Cal/0/1 | 32oz. 185 Cal/0/1

Pineapple, Papaya, Orange, Banana

Slim N Fit

24oz. 350 Cal/0/28 | 32oz. 420 Cal/0/28

Choose a Flavor, Banana, Nonfat Milk, Whey Protein, Fat Burner

BULK ME UP



Mega Mass

24oz. 585 Cal/6/28 | 32oz. 680 Cal/6/28

Choose a Flavor, Banana, Whey Protein, Ice Cream, Gainer

Mini Mass

24oz. 470 Cal/6/21 | 32oz. 565 Cal/6/21

Choose a Flavor, Banana, Whey Protein, Ice Cream

The Builder

1240 Cal/14/61 (32 oz only)

Whey Protein, Peanut Butter, Banana, Chocolate, Gainer, Ice Cream, Nonfat Milk

Nutty Banana

24oz. 715 Cal/4/30 | 32oz. 1,100 Cal/8/40

Banana, Peanut Butter, Whey Protein, Nonfat Milk

NOURISH MY BODY



Berry Berry

24oz. 390 Cal/0/9 | 32oz. 430 Cal/0/9

Strawberry, Blueberry, Raspberry, Whey Protein

Coconut Passion

24oz. 600 Cal/13/26 | 32oz. 660 Cal/13/26

Coconut, Pineapple, Banana, Almonds, Whey Protein, Nonfat Milk

Guava Sunrise

24oz. 388 Cal/0/14 | 32oz. 390 Cal/0/14

Guava, Strawberry, Raspberry, Orange, Whey Protein

Mango Mania

24oz. 290 Cal/0/7 | 32oz. 345 Cal/0/7

Pineapple, Mango, Whey Protein

Mocha Bliss

24oz. 525 Cal/1/34 | 32oz. 535 Cal/1/34

Mocha, Chocolate, Almond Milk, Whey Protein, Nonfat Milk

PB&J

24oz. 620 Cal/4/19 | 32oz. 960 Cal/8/30

Strawberry, Peanut Butter, Blueberry, Marionberry, Raspberry, Whey Protein

Peanut Passion

24oz. 550 Cal/4/19 | 32oz. 950 Cal/8/30

Strawberry, Peanut Butter, Banana, Whey Protein

Power Fuel

24oz. 525 Cal/1/42 | 32oz. 620 Cal/1/42

Strawberry, Banana, Recovery, Whey Protein

Rejuvenator

24oz. 335 Cal/0/20 | 32oz. 430 Cal/0/20

Strawberry, Banana, Whey Protein, Nonfat Milk, Multi-Vitamin

South Pacific

24oz. 520 Cal/17/8 | 32oz. 610 Cal/17/9

Banana, Strawberry, Pineapple, Coconut, Nonfat Milk

Tropical Paradise

24oz. 345 Cal/0/12 | 32oz. 345 Cal/0/12

Pineapple, Kiwi, Orange, Banana, Nonfat Milk, Whey Protein

Zesty Lemon

24oz. 420 Cal/6/17 | 32oz. 600 Cal/6/17

Lemon, Strawberry, Ice Cream, Whey Protein

16 OZ. OPTIONS

Berry Berry 250 Cal/0/8

Blueberry Blast 210 Cal/0/7

Fruity Supreme 240 Cal/0/4

Guava Sunrise 200 Cal/0/7

Island Breeze 175 Cal/0/1

Just Peachy 190 Cal/0/7

Low Carb w/ Flax 275 Cal/1/24

Low Carb w/ Peanut Butter 375 Cal/3/30

Mango Mania 160 Cal/0/6

Nutty Banana 515 Cal/4/21

Pacific Splash 170 Cal/0/2

PB&J 550 Cal/4/19

Peanut Passion 310 Cal/2/13

Pineapple Bliss 110 Cal/0/1

Raspberry Dream 225 Cal/0/8

GO GREEN



The Emerald

24oz. 290 Cal/1/21 | 32oz. 360 Cal/1/21

Strawberry, Banana, Kale/Spinach, Blueberry, Whey Protein

w/ Peanut butter

24oz. 525 Cal/4/29 | 32oz. 595 Cal/4/29

Green Goddess

24oz. 200 Cal/0/3 | 32oz. 225 Cal/0/3

Pineapple, Spinach, Apple, Banana, Soy Milk, Immunity

Peaches & Greens

24oz. 510 Cal/0/10 | 32oz. 540 Cal/0/10

Peach, Spinach, Banana, Almonds, Chia

Vegan Dream

24oz. 330 Cal/0/12 | 32oz. 430 Cal/0/12

Strawberry, Banana, Spinach, Vegan Protein, Chia

Zip Zip

24oz. 230 Cal/0/23 | 32oz. 265 Cal/0/23

Apple, Banana, Bee Sure, Soy Milk, Whey Protein

BOOST MY IMMUNE SYSTEM



Acai Fusion

24oz. 360 Cal/0/9 | 32oz. 410 Cal/0/9

Strawberry, Pineapple, Orange, Acai, Whey Protein

Blueberry Blast

24oz. 360 Cal/0/9 | 32oz. 400 Cal/0/9

Blueberry, Strawberry, Whey Protein

Immunity Nectar

24oz. 375 Cal/0/8 | 32oz. 495 Cal/0/8

Banana, Strawberry, Mango, Whey Protein, Multi-Vitamin

Mango Berry

24oz. 410 Cal/0/14 | 32oz. 410 Cal/0/14

Banana, Strawberry, Mango, Whey Protein, Multi-Vitamin

Marionberry Fuel

24oz. 370 Cal/0/9 | 32oz. 415 Cal/0/9

Marionberry, Strawberry, Whey Protein

Quick Start

24oz. 270 Cal/0/14 | 32oz. 375 Cal/0/14

Strawberry, Orange, Whey Protein

Raspberry Dream

24oz. 320 Cal/0/15 | 32oz. 390 Cal/0/15

Raspberry, Strawberry, Whey Protein

Sambazon™

24oz. 420 Cal/1/8 | 32oz. 460 Cal/1/8

Acai, Strawberry, Cranberry, Almond Milk, Whey Protein

Zone Zinger

24oz. 375 Cal/1/24 | 32oz. 475 Cal/1/24

Strawberry, Papaya, Cranberry, Lemon, Whey Protein, Multi-Vitamin, Flax

AÇAÍ BOWLS



Organic, Non GMO, gluten-free, and vegan, Açai Bowls are packed full of powerful antioxidants that fight free radicals and contain healthy omegas 3, 6, and 9 to promote brain and body health.

Choose Your Açai Bowl

Banana Berry Crunch - Açai, Strawberry, Blueberry, and Banana smoothie...

Topped with: Granola, Blackberries, Blueberries, Banana, and Agave Nectar.

Chia Power - Açai, Dragon Fruit, Banana, Strawberry, and Spinach smoothie...

Topped with: Granola, Banana, and Chia Seeds.

Health Nut - Açai, Strawberry, Blueberry, and Banana smoothie...

Topped with: Granola, Peanut Butter, Goji Berries, Almonds, and Agave Nectar.

Tropical Sunrise - Açai, Mango, Pineapple, and Strawberry smoothie...

Topped with: Granola, Banana, Goji Berries, and Coconut.

Vegan Berry Blast - Açai, Dragon Fruit, Mango, and Pineapple smoothie...

Topped with: Granola, Banana, and Coconut.

Calories / Saturated Fat / Protein

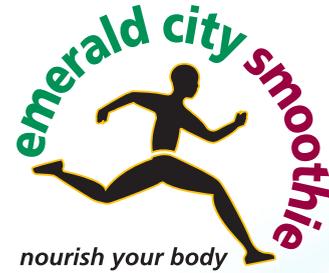
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

ABOUT US

Since 1996 we have been a leader in the health revolution. It's simple, great tasting smoothies made with the highest quality ingredients. Each one created with the goal of serving our customer superior nourishment for active healthy living. Looking for a meal that fuels your lifestyle? Look no further.

ABOUT OUR PRODUCTS

Our smoothies, lean snacks and health products are organized to make the choice easy. Whether you want to boost your immune system or energy levels, to lose weight or build muscle, or if your goal is to maintain your health – we can help. Our smoothies are the perfect quick and energizing meal for people on the go.



For Locations, Hours and
Online Orders, Visit us at
emeraldcitysmoothie.com

emerald city smoothie

FUEL YOUR LIFESTYLE

(delicious healthy smoothies)



BOOSTERS

Give your smoothie an extra healthy boost by adding these premium quality ingredients.*

- Açai** – Superfruit full of powerful antioxidants and healthy omegas. **110 cal**
- Amino Acids** – Builds cells, repairs tissue and helps fight viruses. **15 cal**
- Antioxidants** – Deactivates free radicals to help reduce risk of disease. **10 cal**
- B12** – Boosts energy and helps with red blood cell formation and supports vital nerve cells. **0 cal**
- Bee Sure** – Superfood that promotes total wellness. **25 cal**
- Caffeine** – Boosts brain health and increases energy and focus. **0 cal**
- Chia Seeds** – Packed with Omega 3's, protein, antioxidants and fiber. **60 cal**
- Collagen** – Supports healthy hair, skin and nail growth, plus hyaluronic acid to keep joints and cartilage flexible and strong. **70 cal**
- Creatine** – Enhances hydration for nutrient absorption. **0 cal**
- Energy** – Vitamins, minerals and ginseng to increase stamina and endurance. **0 cal**
- Fat Burner** – Boosts metabolism and curbs appetite. **5 cal**
- Fiber** – Promotes healthy digestion and lowers cholesterol. **20 cal**
- Flax Oil** – Increases metabolism, boosts immunity and helps stabilize blood-sugar. **110 cal**
- Gainer** – Nutrients to help add pounds and develop a strong physique. **105 cal**
- Ginger** – Digestive support, nausea relief and boosts immunity. **5 cal**
- Glutamine** – Improves exercise endurance, brain function and reduces fatigue. **0 cal**
- Greens** – Kale/Spinach support healthy skin, bones and tissue. **20 cal**
- Immunity** – Enhances the body's resistance to infections and disease. **15 cal**
- Lipodrene/Stimerex** – Boosts energy to help burn fat, control cravings, and curb appetite. **0 cal**
- Maca Root** – Rich in vitamin C, copper and iron, and helps improve mood and libido. **30 cal**
- MCT Oil** – Helps the body achieve Ketosis to fuel the brain and burn fat for energy. **80 cal**
- Multi-Vitamin** – Supports metabolic pathway for optimum efficiency and performance. **10 cal**
- Probiotic** – Increases absorption of nutrients in the digestive tract. **20 cal**
- Protein** – High quality proteins to help support muscle function and repair. (Whey and Plant-based) **55–95 cal**
- Recovery** – Accelerates post-workout recovery and muscle growth. **200 cal**
- Spirulina** – Rich in protein, vitamins and antioxidants to protect cells and tissues from damage. **30 cal**
- Tumeric** – Potent anti-inflammatory and antioxidant that helps prevent disease. **25 cal**
- Vitamin C** – Supports blood vessels, connective tissue and bone. **10 cal**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.