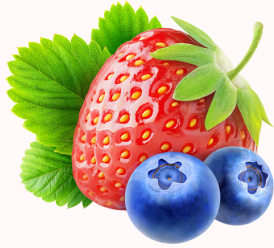


16  
OZ/ONLY  
\$7!

# Smoothies



## Wake Up Berry

strawberries,  
blueberries, instant  
coffee, almond milk  
and simple syrup

**247 Cal**



## Tropical Green

pineapple, kale,  
spinach, almond milk,  
gingerroot, and  
turmeric

**144 Cal**



## Mango

banana, mango,  
non-fat vanilla  
yogurt, and apple  
juice

**298 Cal**



## Pineapple Mango

pineapple, mango,  
orange juice, and  
almond milk

**204 Cal**



## Strawberry Banana

banana, strawberries,  
non-fat vanilla yogurt,  
and apple juice

**252 Cal**

MEREDITH  
COLLEGE

DINING SERVICES