

— Smoothie Menu —



Dover Healthy
Alternatives

Dr. Smoothie
BRANDS



320 North Wooster Avenue, Dover, Ohio 44622 • (330) 343-1500
www.doverhealthy.com • facebook.com/doverhealthy
Café Times: 11:00 am – 5:00 pm (Mon–Fri) / 11:00 am – 3:00 pm (Sat)

Just a Smoothie

16 oz. any flavor..... \$3.95

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|------------|------------------------|---------------------|------------------|
| Strawberry | Strawberry Banana | Banana | Peach/Pear |
| Lemonade | Pina Colada | Mango Tropics | Blueberry Banana |
| Four Berry | Butternut/Squash/Mango | Beet Root & Berries | |

Organic Strawberry Smoothie..... \$5.00

Acai Bowl..... \$5.50

Our Smoothie Supplement Favorites



Ultimate Smoothie

Your Choice of Two Fruits: Banana, Blueberry, Strawberry. Then we add nonfat Greek yogurt, whey protein, orange juice and flax seeds. **\$5.95**

Orange Creamsicle

This is a blend of organic orange juice with added calcium. **\$5.00**

Acai Plus

A blend of Acai, Blackberry, Pomegranate and Blueberry. Rich in vitamins, minerals, fiber, protein, omega-3 fatty acids & more. **\$5.50**

The Scavenger

A pina colada base with an antioxidant/immunity blend. Antioxidants fight off free radical damage in the body. **\$5.00**

Mighty Mango

Four varieties of mango with a hint of banana, a kick of ginseng and whey protein for endurance and energy. **\$5.50**

Skinny Smoothie

Skinny never tasted so good! You pick the flavor, we add the weight loss blend complete with fiber, chromium picolinate, garcinia cambogia and L-carnitine. **\$5.50**

Radical Recharge

No quick crash here! You pick the flavor and we add our sustained high energy blend complete with superfruits, carnitine, minerals, and ginseng. **\$5.50**

Vivacious Veggie

Butternut Squash/Mango base blended with protein. This smoothie meets 4 out of 5 of your recommended daily servings of vegetables in just one smoothie. **\$5.50**

Specialty Cafe

Jamocha

Enjoy the taste of rich Ghiradelli chocolate blended with dark roast espresso for a great coffee house taste. **\$4.25**

Matcha Mint Chip..... \$4.25

Almond Delight

Low carb white chocolate flavor blended with almond milk and real almonds. **\$4.95**

Create Your Own Smoothie

Add Any Supplement to Your Smoothie

Add these for..... \$0.50

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|-----------|-------------|----------------|-----------|
| flaxseed | coconut oil | antioxidants | chia seed |
| creatine | fiber | L-carnitine | ginseng |
| probiotic | vitamin C | Elete Minerals | |

Add these for..... \$1.00

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|--------------|-------------|--------------|---------------|
| Whey Protein | Collagen | Leafy Greens | Multi-Vitamin |
| Brain Burst | Skin & Hair | Hangover | |

Add these Proteins

- | | |
|-------------------------|---------------|
| Raw Plant Protein..... | \$1.50 |
| Bone Broth Protein..... | \$1.50 |
| Protein & Greens..... | \$2.00 |
| Keto Protein..... | \$2.25 |

