

# — Smoothie Menu —



Dover Healthy  
Alternatives

**Dr. Smoothie**  
BRANDS



320 North Wooster Avenue, Dover, Ohio 44622 • (330) 343-1500  
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# Just a Smoothie

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

- |            |                        |                     |                  |
|------------|------------------------|---------------------|------------------|
| 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**

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

**Add these for..... \$1.00**

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

## Add these Proteins

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

