

Albany Menu				
Smoothies	Calories	Carbs	Fat	Protein
BERRY RESTORE -Blackberries, Blueberries, Strawberries, Raspberries, Almond Butter, Sun-Dried Blueberries, Soy Milk	250	33	12	6
BLUEBERRY MUFFIN - Blueberries, Banana, Oats, Cinnamon, Almond Butter, Almond Milk	290	37	12	11
CHAI SPICE - Banana, Cashew Butter, Dates, Cinnamon, Nutmeg, Vegan Vanilla Protein, Almond Milk	370	43	13	24
COCOA CHANEL - Dates, Cocoa, Chocolate Protein Powder, Banana, Cacao Nibs, Almond Milk	370	70	6	17
GREEN DREAM - Spinach, Kale, Coconut Water, Chia Seeds, Apple, Pear, Lime	180	30	5	3
HARRY'S PB&J -Strawberries, Blueberries, Peanut Butter, Banana, Almond Milk	240	29	11	9
POPEYE'S REVIVE - Spinach, Matcha, Avocado, Apple, Almond Milk	210	22	13	5
PURPLE HAZE - Apple, Banana, Blueberry, Pineapple, Lemon, Almond Milk	160	33	3	2
RUBY REFRESHER - Pitaya, Raspberry, Beet Juice, Mint, Lime, Coconut Water, Hemp Seeds	180	36	3	6
SWEET GINGER - Strawberry, Banana, Dates, Maca, Ginger, Almond Milk	150	27	2	6
TEQUILA-LESS SUNRISE - Pineapple, Mango, Turmeric Root, Coconut Milk, Orange, Splash Beet Juice	180	35	4.5	2
THE BALA - Pineapple, Avocado, Dates, Lime, Coconut Milk.	350	70	10	3
Bowls	Calories	Carbs	Fat	Protein
ASANA ACAÍ	600	79	26	21
Blended Base: Acaí, Banana, Strawberry, Almond Milk. Toppings: Fresh Fruit, Chocolate Sea Salt Probiotic Granola, Peanut Butter, Hemp Seeds, Cacao Nibs, Goji Berries				
BLUE LAGOON	490	78	15	23
Blended Base: Banana, Blue Spirulina, Oat Milk. Toppings: Blueberry Hemp Granola, Cashew Butter, Blueberries, Coconut				
BUILD ME UP PB CUP	670	86	28	36
Blended Base: Banana, Cauliflower, Cacao, Chocolate Protein, Almond Milk, Peanut Butter. Toppings: Chocolate Probiotic Granola, Mulberries, Carob Chips, Strawberries, Peanut Butter				
COFFEE CAKE	590	62	27	32
Blended Base: Banana, Cauliflower, Coffee, Vanilla Protein, Cinnamon, Oats. Toppings: Grain Free BARE Keto Granola, Mulberries, Raw Cacao Nibs, Almond Butter, Strawberries				
CREAMSICLE CRUSH	490	84	16	10
Blended Base: Strawberry, Mango, Orange, Soy Milk. Toppings: Triple Berry Granola, Goji Berries, Chia Seeds, Peanut Butter, Fresh Fruit				
GREEN MACHINE	560	86	20	18
Blended Base: Mango, Banana, Spinach, Matcha, Almond Milk. Toppings: Plain Granola, Pistachios, Flax Seeds, Fresh Fruit, Cashew Butter				
MOCHA LATTE	450	76	12	21
Blended Base: Banana, Cocoa, Coffee. Toppings: Chocolate Probiotic Granola, Raw Vegan Chocolate Hazelnut Spread, Hemp Seeds, Carob Chips, Strawberries				
PIÑA COLADA	430	80	10	10
Blended Base: Pineapple, Banana, Mango, Coconut Milk. Toppings: Plain Granola, Coconut Shreds, Sun-dried Cherries, Pineapple.				
PRETTY IN PINK	420	58	18	12
Blended Base: Pitaya, Mango, Banana, Almond Milk. Toppings: Triple Berry Granola, Bee Pollen, Coconut, Pineapple				
SUNSET SAVASANA	370	52	13	10
Blended Base: Mango, Pineapple, Coconut Water. Toppings: Raw Trail Mix Granola, Hemp Seeds, Fresh Fruit, Almond Butter, Trail Mix Granola.				
VEGGIE REVIVE	480	34	34	20
Blended Base: Avocado, Cauliflower, Vanilla Protein, Spinach, Coconut Nibs. Toppings: Keto Granola, Raw Cacao Nibs, Strawberries, Almond Butter.				
VERY BERRY	490	60	25	10
Blended Base: Acaí, Strawberries, Blueberries, Almond Milk. Toppings: Triple Berry Granola, Coconut Shreds, Dried Blueberries, Almond Butter, Strawberries, Blueberries				

Clifton Park Menu				
Smoothies	Calories	Carbs	Fat	Protein
BLUEBERRY MUFFIN - Blueberries, Banana, Oats, Cinnamon, Almond Butter, Almond Milk	290	37	12	11
BOOST BLEND - Pitaya, Blackberry, Mango, Lime, Ginger, Almond Milk	220	44	3.5	5
CALIFORNIA CLEANSE - Banana, Blueberries, Avocado, Spinach, Kale, Vanilla Protein, Almond Milk	460	60	18	20
CHAGA CHIP - Banana, Chaga, Cacao, Dates, Coconut Shreds, Carob Chips, Cinnamon, Soy Milk	390	54	10	22
CLOUD 9 - Banana, Vanilla Protein, Peanut Butter, Blue Spirulina, Almond Milk	330	33	13	23
FRUITY PEBBLES - Banana, Soy Milk, Strawberries, Plain Granola	380	44	9	18
HAZEL DAZE - Cauliflower, Cacao Powder, Hazelnuts, Chocolate Protein, Dates, Oat Milk, Coffee	370	54	11	21
NUTS ABOUT YOU - Mango, Matcha, Cauliflower, Spinach, Dates, Almond Butter, Oats, Almond Milk	400	60	13	11
PASSION PEACH - Peach, Mango, Vanilla Protein, Cashews, Almond Milk	400	43	16	19
ROOTED RESTORE - Carrot, Orange, Pitaya, Strawberry, Yacon Root, Turmeric, Soy Milk	360	55	8	18
SWEET SHANTI - Banana, Pineapple, Maca, Yacon, Kale, Mint, Coconut Water	290	60	1	12
TREE HUGGER - Kale, Mango, Ginger, Wheat Grass Powder, Hemp Milk	280	34	10	7
Bowls	Calories	Carbs	Fat	Protein
ACAI OVERLOAD	490	64	23	14
Blended Base: Acai, Strawberry, Banana, Almond Milk. Toppings: Plain Granola, Peanut Butter, Banana, Strawberries, Coconut Shreds, Agave Drizzle.				
BEACH BUM	590	85	20	14
Blended Base: Pineapple, Mango, Pitaya, Coconut Milk. Toppings: Triple Berry Granola, Banana, Mango, Coconut Shreds, Goji Berries, Peanut Butter.				
BLUEBERRY LEMON CAKE	610	60	23	33
Blended Base: Blueberries, Banana, Lemon, Chocolate and Vanilla Protein, Oat Ailk. Toppings: Blueberry Hemp Granola, Coconut Shreds, Flaxseeds, Mixed Berries, Cashew Butter.				
CHUNKY MONKEY	760	68	22	40
Blended Base: Banana, Cacao, Cacao Nibs, Almond Butter, Chocolate Protein, Soy Milk. Toppings: Chocolate Granola, Cacao Nibs, Peanut Butter, Banana, Strawberries.				
EMERALD ENVY	520	55	21	22
Blended Base: Kale, mango, matcha, spinach, vanilla protein, almond milk. Toppings: Plain granola, pistachios, hemp seeds, fresh fruit mix (pear, pineapple, strawberry), cashew butter.				
GREEN DREAM	520	67	22	10
Blended Base: Avocado, cauliflower, dates, kale, lime, pineapple, coconut milk. Toppings: Blueberry hemp granola, coconut shreds, mango, agave drizzle.				
HARRY'S PBJ	600	55	38	18
Blended Base: Banana, Blueberry, Strawberry, Peanut Butter, Almond Milk. Toppings: Blueberry Hemp Granola, Blueberries, Coconut Shreds, Cacao Nibs, Peanut Butter.				
HAZELNUT COFFEE CRUSH	870	103	34	38
Blended Base: Banana, Cauliflower, Cacao, Chocolate Protein, Hazelnut Spread, Coffee, Almond Milk. Toppings: Chocolate Probiotic Granola, Vegan Chocolate Hazelnut Spread, Strawberries, Cacao Nibs, Hemp Seeds.				
RIPE RUBY	630	85	19	14
Blended Base: Pitaya, Raspberries, Strawberries, Mint, Lime, Beet Juice. Toppings: Triple Berry Granola, Goji Berries, Dried Blueberries, Cashew Cream, Strawberries, Blueberries.				
SWEET GIGI	660	66	22	30
Blended Base: Strawberry, Banana, Chocolate Protein, Peanut Butter, Almond Milk. Toppings: Chocolate Probiotic Sea Salt Granola, Hemp Seeds, Dried Blueberries, Strawberries, Almond Butter.				
SWEET TART	610	70	35	16
Blended Base: Acai, Blackberry, Pineapple, Coconut Water. Toppings: Peanut Keto Granola, Fresh Fruit, Dried Cherries, Cacao Nibs, Peanut Butter.				
VERY BERRY	490	60	25	10
Blended Base: Acai, Strawberries, Blueberries, Almond Milk. Toppings: Triple Berry Granola, Coconut Shreds, Dried Blueberries, Almond Butter, Strawberries, Blueberries				