

4 x 8

Skim Milk, Non-Fat Vanilla Yogurt,
Honey, Peanut Butter and Banana**AMERICA'S CUP**Strawberry Juice, Vanilla Non-Fat Yogurt,
Strawberries and Bananas**BENCH PRESS**Skim Milk, Non-Fat Vanilla Yogurt, Banana
(Choice of Vanilla, Chocolate or Fruit)**BUTTERFLY**Lemonade, Strawberry Juice, Raspberry Sherbet,
Strawberries and Raspberries**COACH'S CHOICE**

Skim Milk, Kona Mocha and Yogurt

**FREESTYLE**Mango Juice, Pineapple Sherbet, Mangos,
Strawberries and Peaches**WORLD CUP**Skim Milk, Non-Fat Vanilla Yogurt,
Chocolate and Peanut Butter**WIPEOUT**Watermelon Juice, Orange Sherbet,
Strawberries and Peaches

Juice for the Journey.

Eagle Run Square

3693 N 129th St

Lakeside Plaza

2506 S 171st Ct

Aksarben Village

2119 S. 67th St.

Old Market

510 S 12th St.

Gretna, NE

11910 Standing Stone Dr.

402-332-5234

www.juicestopsmoothies.com**GRAND SLAM**Orange and Strawberry Juice, Vanilla Non-Fat
Yogurt, Strawberries and Bananas**HALF-NELSON**Raspberry Juice, Orange Sherbet,
Strawberries and Bananas**SCISSOR KICK**Strawberry and Pineapple Juices, Pineapple chunks,
Strawberries, Pineapple sherbet**TRIPLE CROWN**Orange Juice, Non Fat Vanilla Yogurt,
Orange Sherbet

The Good Life

Strawberry-Kiwi LOW CARB JUICE, Yogurt, Bananas, Strawberries & Strawberry Whey Protein

Tropical Shred

Strawberry-Kiwi LOW CARB JUICE, Mangoes, Pineapple, Peaches & Vanilla Whey Protein

Bench Press

Skim milk, Chocolate, Yogurt, Banana, and Whey Protein

24 oz.

16 oz.

*Use Strawberry-Kiwi LOW CARB JUICE in any smoothie to lower carbs

Bran
Daily
Creatine
Calcium
Energy
Green
Hangover
Protein-
Chocolate,
Vanilla,
Strawberry

Smart
Probiotic
Relaxing
Trim and Fit
Wellness
Women's
Vitality
Matcha
Wheatgrass
10Z
20Z



ACAI Smoothies

Surf's Up

Apple Juice, Acai, Yogurt, Bananas, Blueberries & Strawberries

Rip Tide

Cranberry Juice, Acai, Yogurt, Raspberries & Mangoes

The Gnarly

Pomegranate Blueberry Juice, Acai, Yogurt, Lime Sherbet, Pineapple & Peaches

24 oz.

16 oz.

Substitute or Add

Spinach

Soy Milk

Almond Milk

Red Bull

Per Can or
add to smoothie

Slalom

Orange & Pineapple Juice, Orange Sherbet, Strawberries and Banana

Double Axle

Orange Juice, Pineapple Sherbet, Strawberries, Boysenberries, Raspberries, & Banana

Slam Dunk

Orange Juice, Pineapple Juice, Pineapple Sherbet, Blueberries and Strawberries

Eagle

Orange Juice, Raspberry Juice, Cranberry Juice, Orange Sherbet, Strawberries, Bananas

Marathon Man

Orange Juice, Strawberries, Bananas

Power Play Watermelon Juice, Yogurt, Raspberry Sherbet, Strawberries and Raspberries

Single-track Watermelon Juice, Mangoes Juice, Yogurt, Raspberry Sherbet, Strawberries, Raspberries, Mangoes

Cross Cage

Watermelon Juice, Orange Sherbet, Strawberries and Banana

Not Finding Your Favorite? JUST ASK!

Orange

WATERMELON

Slap Shot Cranberry Juice, Yogurt, Raspberry Sherbet, Strawberries, and Blueberries

Cross-trainer Mangoes Juice, Raspberry Juice, Yogurt, Pineapple Sherbet, Strawberries, Peaches, Mangoes

Right Hook Peach Juice, Yogurt, Boysenberries, Peaches and Pineapple

Triple Threat Papaya Juice, Raspberry Sherbet, Boysenberries, Blueberries

Hat Trick Papaya Juice, Coconut, Orange Sherbet, Peaches and Bananas

Round House

Peach Juice, Orange Sherbet, Peaches and Banana

Resolution

Pomegranate Juice, Yogurt, Bananas, Strawberries

Home Run

Lemonade, Orange Sherbet and Strawberries

Off the Lip

Pineapple Juice, Coconut, Strawberries and Banana

Squeeze Play

Pineapple Juice, Yogurt, Pineapple Sherbet, and Banana

Personal Best

Pineapple Juice, Yogurt, Lime Sherbet, and Mangoes

Knockout

Apple Juice, Yogurt, Strawberries & Banana

Tour De France Apple Juices, Yogurt, Raspberry Sherbet, Blueberries and Banana

Jab Step Raspberry Juice, Raspberry Sherbet, Strawberries & Pineapple

Touchdown Raspberry Juice, Yogurt, Raspberries and Banana

Sticky Wicket Raspberry Juice, Lime Sherbet, Strawberries, Raspberries and Banana

Finish Line

Raspberry Juice, Lime Sherbet, Strawberries, and Banana

Penalty Flag Strawberry Juice, Raspberry Juice, Raspberry Sherbet, Strawberries and Peaches

1080 Strawberry Juice, Peach Juice, Yogurt, Strawberries, Peaches and Mangoes

24 oz. and 16 oz. available

SUPER FRUITY AND BERRY Smoothies