

Kara's Whatever Makes you Rock Smoothie Order: \$5.85 ea.

Name: _____

Email/phone: _____

Time of order: _____

Pick-up time: _____

Choose 2 fruits:

- Banana
- Pineapple
- Strawberries
- Berry medley (black, blue, red)
- Melon mania (cantaloupe, honeydew)
- One world (medley of melons, grapes, berries, kiwi)

Choose 1 veggie:

- Kale
- Spinach
- Detox greens (special blend of Kara's greens)

Choose 1 base:

- Fresh-squeezed orange juice
- Almond milk
- 2% milk
- Coconut water
- Organic fair-trade coffee

Extra Booster (\$1.00 each)

- Almond butter
- Peanut butter
- Protein powder
- Green juice puck
- Cacao nibs
- Avocado