LAKE FUEL SMOOTHIES

FUEL YOUR DAY

ENERGY SMOOTHIES

TABLE ROCK'N 11
Blueberry, Mango, Coconut Water & Sugar Free RedBull

MATCHACADO 11
Matcha Sorbet, Avocado, Honey & Milk, Topped w/ Sweet Cream & Honey Drizzle

STRAWBERRY WAVE 11
Strawberry, Passion Fruit, Coconut Water, and Energy Blend

PARFAITS

ANCHORS AWAY 7
Greek Yogurt Topped w/ Granola, Banana, Strawberry, & Honey

BLUEBERRY BUOY 7
Greek Yogurt Topped w/ Chia Pudding, Strawberry, Blueberry & Honey

TROPICAL CRUNCH 7
Greek Yogurt Topped w/ Granola, Pineapple, Mango & Coconut Flakes

PROTEIN SMOOTHIES

PEANUT BUTTER DREAM 11
Banana, Choc. Protein, Peanut Butter & Milk

STRAW-NANA 11
Strawberry, Banana, Van. Protein & Milk

AMETHYST COVE 11
Dragonfruit, Pineapple, Van. Protein, Blue Spirulina & Milk Topped w/ Sweet Cream & Purple Sweet Potato

BEACH BREEZE 11
Mango, Strawberry, Greek Yogurt & Milk Topped w/ Sweet Cream & Beet Root

BLUE SKY 11
Pineapple, Coconut, Greek Yogurt, Blue Spirulina & Milk, Topped w/ Sweet Cream & Blue Spirulina

PEACH BLISS 11
Peach, Vanilla Protein & Milk

EXTRA ADD-INS - CHOC. OR VANILLA PROTEIN $2 | COLLAGEN $2 | CREATINE $1 | ENERGY BLEND $1

CREATE YOUR OWN SMOOTHIE $9

CHOOSE 1 - SMOOTHIE BASE

CHOOSE 2 - FRUITS & VEGGIES

CHOOSE UP TO 3 - SMOOTHIE ADD-INS

SMOOTHIE BASE

Whole Milk | Almond Milk
Coconut Water | Oat Milk
Lactose Free Milk

FRUITS & VEGGIES

Strawberry | Banana | Avocado
Spinach | BlueBerry | Mango
Pineapple | Dragonfruit | Peach
Acai | Coconut | Matcha

SMOOTHIE ADD-INS

Peanut Butter | Nutella
Almond Butter | Honey
Coconut Flakes | Chia Seeds

16282 HWY 13, SUITE E, BRANSON WEST, MO 65737

LAKE FUEL SMOOTHIES

SIGNATURE SMOOTHIES

DOCKSIDE DELIGHT 9
Mango, Coconut, Pineapple & Milk Topped w/ Coconut Flakes & Honey Drizzle

LAKE MOSS 11
Spinach, Banana, Mango, Collagen, Chia Seeds & Milk

PB&J 9
Strawberry, Banana, Blueberry, Peanut Butter & Milk w/ Peanut Butter Smear

ACAI BERRY 9
Strawberry, Blueberry, Acai, Chia Seeds & Coconut Water

DRAGONFRUIT BARBIE 9
Strawberry, Mango, Dragonfruit & Coconut Water

UNDERTOW 11
Coconut, Banana, Black Charcoal, Collagen and Milk, Topped with Sweet Cream & Black Charcoal

PHANTOM PASSION 9
Passion Fruit, Peach, Mango & Milk, Topped with Sweet Cream & Black Charcoal

SMOOTHIE BOWLS

LAKEVIEW PB&J 10
Acai Topped w/ Granola, Strawberry, Blueberry, Almond Butter & Chocolate Chips

COCO-NUTTY 10
Coconut Topped w/ Granola, Banana, Blueberry, Almonds & Nutella

DRAGON FOOD 10
Dragonfruit Topped w/ Granola, Banana, Blueberry, Coconut Flakes & Honey Drizzle

PINEAPPLE SUNRISE 10
Passion Fruit Topped w/ Granola, Pineapple, Mango, Coconut Flakes & Honey Drizzle

COOLERS & FROZEN LEMONADE

LAKE FUEL COOLER 5.50
Sugar Free Redbull & Lemonade w/ your choice of 1 Flavor

FROZEN LEMONADE 4
Lemonade w/ your choice of 1 Flavor

OWN THE LAKE

CREATE YOUR OWN BOWL $10

CHOOSE 1 - BOWL BASE

CHOOSE UP TO 5 - TOPPINGS

BOWL BASE

Acai | Dragonfruit
Passion Fruit | Coconut
Greek Yogurt | Matcha

TOPPINGS

Strawberries | Blueberries | Bananas | Honey
Granola | Choc. Chips | Almond Butter
Peanut Butter | Sliced Almonds | Pineapples
Chia Seeds | Nutella | Coconut Flakes | Mangos

COOLER/LEMONADE FLAVORS

Watermelon | Strawberry
Blood Orange | Blue Raspberry
Lavender (Sugar Free) | Peach

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