

Planet Smoothie®

SMOOTHIES

PLANET CLASSICS

BERRY BADA-BING

peaches, raspberries, bananas,
frozen yogurt

CAPTAIN KID

strawberries, orange sherbet

THE LAST MANGO

mangos, peaches, bananas, orange
sherbet

PBJ

peanut butter, strawberries,
bananas, frozen yogurt, nonfat milk,
vanilla

SHAG-A-DELIC

blueberries, strawberries, bananas,
frozen yogurt, nonfat milk, vanilla

TWIG & BERRIES

strawberries, bananas, frozen yogurt

VINNIE DEL ROCCO

raspberries, blueberries,
strawberries, orange sherbet

PLANET LITE™

2 PIECE BIKINI

chocolate or strawberries, bananas,
vanilla, nonfat milk, fat burner blast]

CRAZY BEE

mangos, strawberries, honey,
multivitamin blast

LEAPIN' LIZARD

peaches, strawberries, fat burner
blast

LUNAR LEMONADE

strawberry or raspberry, lemonade,
bananas, fat burner blast

MEDITERRANEAN MONSTER

strawberries, bananas, splash of
orange juice, fat burner blast

SCREAMSICLE

pineapples, peaches, orange juice,
frozen yogurt, orange sherbet,
multivitamin or immunity blast

SUPERFRUIT

ACAI ORIGINAL

organic acai, apple juice,
strawberries, bananas

ENERGY

CHOCOLATE ELVIS

cocoa, peanut butter, bananas, frozen yogurt, nonfat milk, energy blast

FROZEN GOAT

100% Colombian coffee, bananas, cocoa, frozen yogurt, nonfat milk, vanilla, energy blast

GRAPE APE

grape juice, strawberries, energy blast

JAVA THE NUT

100% Colombian coffee, cocoa, peanut butter, frozen yogurt, nonfat milk

RASMANIAN DEVIL

raspberries, bananas, nonfat milk, vanilla, energy blast

ROAD RUNNER

blueberries, raspberries, strawberries, orange juice, energy blast

SPAZZ

strawberries, bananas

MEAL REPLACEMENT

PLANET PRO®

choice of 2 fruits blended w/40g protein

PLANET PRO® LITE

choice of 2 fruits blended w/25g protein

PROTEIN

BIG BANG

strawberries, bananas, vanilla, 12g protein

CHOCOLATE CHIMP

cocoa, bananas, vanilla, honey, 12g protein

MR MONGO

strawberry or cocoa, bananas, frozen yogurt, nonfat milk, vanilla, 12g protein

KIDS SMOOTHIES

BONZAI BERRY

strawberries, blueberries, raspberries, yogurt

CAPTAIN KID

strawberries, orange sherbet

PEANUT BUTTER DREAM

peanut butter, cocoa, bananas, yogurt, nonfat milk

PLAIN JANE

strawberries

PURPLE PRIMATE

strawberries, grape juice

STRAWBERRY SHORTCAKE

strawberries, yogurt

TWIG, JR.

strawberries, bananas, yogurt

Wraps, Salads, Paninis

WRAPS

Choice of Tomato, Spinach or Wheat Tortilla

Albacore Tuna Wrap

Tuna salad with fresh shredded lettuce and fresh cut tomatoes

Turkey Wrap

Sliced turkey with honey mustard, shredded lettuce, cheese and shredded carrots

Chicken Caesar Wrap

Romaine lettuce, parmesan cheese, Caesar dressing, roasted chicken breast and tomatoes

Club Maui Wrap

Lite Italian dressing, sliced ham, sliced turkey, tomatoes, Greek peppers, red onion, shredded lettuce and cheese

SALADS

Choice of Caesar, Lite Italian, Ranch, Honey Mustard, Balsamic and oil or Red Wine Vinaigrette

Garden Salad

Mixed greens with tomatoes, carrots and your choice of dressing

Greek Salad

Mixed greens with Greek peppers, tomatoes, red onion, black olives, feta cheese, and red wine vinaigrette dressing

Tuna Salad

Mixed greens with tuna, tomatoes, red onion and your choice of dressing

Chicken Caesar Salad

Romaine lettuce, tomatoes, roasted chicken breast, parmesan cheese, croutons, and black olives

PANINIS

Served on French Bread

Feta Chicken Panini

Baguette with tomato pesto, feta cheese, red roasted peppers, artichoke hearts, mushroom, spinach, and roasted chicken breast

Basil Chicken Panini

Baguette with basil pesto, tomatoes, red roasted peppers, red onion and roasted chicken breast

Jerkey Turkey

Baguette with Ranch dressing, sliced turkey, Greek peppers, red onion, lettuce and cheese

Veggie Panini

Baguette with basil pesto, tomatoes, red onion, red roasted peppers, Greek peppers, cheese, mushrooms, artichoke hearts and spinach

Breakfast

Fruit Oatmeal

Oatmeal, granola, and choice of 2 fruits

Acai Bowl

Acai topped with granola, honey, bananas, and blueberries

Fruit Yogurt Parfait

Fat free frozen yogurt, granola, and choice of 2 fruits

Breakfast Burritos

Choice of turkey or ham
Eggs, cheese, onion, tomato, mushroom, olive, spinach, and salsa all on a wheat wrap. Add on: Bacon

Bagel and Cream Cheese



The best tasting smoothie on the planet!