



843.349.4067
HTC Center

Monday-Friday
10:30 a.m. to 5 p.m.

SMOOTHIES

12 oz. \$3.69 16 oz. \$3.99

Nutty Banana Berry 360-480 Cal.
Blend of banana, peanut butter and greek yogurt.
Available with skim, almond, or soy milk.

Strawberry Banana 200-260 Cal.
Blend of strawberries, banana, and yogurt.

Blueberry Banana 210-280 Cal.
Blend of blueberries, banana and yogurt.

Mango Banana 225-300 Cal.
Blend of mango, banana, and yogurt.

Mixed Berry 180-240 Cal.
Blend of blueberries, strawberries, raspberries
and yogurt. Available with skim, almond, or soy milk.

Make Your Own 180-480 Cal.
Choose your base (skim, almond, or soy milk) and
three additional ingredients.

ADD ONS:

Protein Powder \$0.50 | 35 Cal.

FLATBREADS

Margarita Flatbread \$5.49 | 580 Cal.
Fresh plum tomatoes, basil, mozzarella and Italian seasoning
on a whole grain flatbread.

Super Veggie Whole Grain Flatbread \$5.49 | 600 Cal.
Fresh broccoli, kale, tomatoes, mozzarella and parmesan
on a whole grain flatbread.

Chicken Bacon Ranch Flatbread \$5.49 | 860 Cal.
Chicken, bacon, ranch dressing, tomato and mozzarella
on a whole grain flatbread.

DRESSINGS

Greek Vinaigrette 2 Tbsp. | 90 Cal.

White Balsamic Vinaigrette 2 Tbsp. | 120 Cal.

Homestyle Ranch 2 Tbsp. | 100 Cal.

Creamy Caesar 2 Tbsp. | 150 Cal.

BEVERAGES

Fountain Beverage \$1.99 | 0-300 Cal

Bottled Water \$1.69 | 0 Cal

SALADS AND GRAIN BOWLS

Superfood Vegetable and Quinoa Salad \$5.99 | 430 Cal.
Fresh salad with kale, beets, brussel sprouts, cauliflower, blueberries,
quinoa and tomato topped with feta cheese and sunflower seeds
with white balsamic vinaigrette.

Kale Caesar Salad \$5.99 | 270 Cal.
Kale and mixed greens topped with parmesan and croutons.

Harvest Grain Bowl \$5.99 | 410 Cal.
Romaine, apples, grapes, sunflower seeds, and blue cheese
tossed with a quinoa and lentil blend with Greek Vinaigrette.

Make Your Own Salad \$5.99 | 270-550 Cal.
Choose your greens (kale, mixed greens or romaine), four
additional toppings and your choice of dressing.

ADD ONS:

Grilled Chicken \$1.50 | 120 Cal.

SIDES

Mixed Berry Cup \$3.49 | 70 Cal.
Pineapple, strawberries and blueberries drizzled
with honey.

Hummus and Pita Chips \$3.49 | 340 Cal.
Crispy baked pita chips and homemade hummus
made from chickpeas, lemon juice, extra virgin olive oil
and garlic.

Beanitos™ Chips \$1.69 | 130 Cal.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.