



theHACcafe

Choices of Milk:
2%, Skim, Almond, or Oat

Add extra peanut butter or banana for an extra charge

low-cal.

12 oz. \$7.95 | add 10g protein \$1.25

MANGO-TEENY*

mango and banana puree, 10g vanilla protein, strawberries, and our “Get Lean.” 214 calories

MOCHA MELT*

mocha and java blend, optional coffee grounds 10g vanilla whey protein, and our “Get Lean.” 179 calories

PB CUP LITE*

rich chocolate and lite peanut butter blended with choice of milk and 10g chocolate whey protein. 266 calories

BANANA SLIM*

ripe banana blended with choice of milk, 10g vanilla whey protein, and our “Get Regular.” 141 calories

LEAN-A COLADA*

pineapple, ripe banana, and coconut with 10g vanilla whey protein and our “Get Lean.” 221 calories

BERRY TRIM*

antioxidant-rich raspberries, strawberries, blueberries, blackberries, 10g vanilla whey protein, & our “Get Lean.” 221 Calories

SKINNY MINNY*

keep it on the light side with choice of milk, banana, lite peanut butter, and 10g vanilla whey protein. 155 Calories

STRAWBERRY SLIM*

strawberry puree blended with strawberries and bananas, 10g vanilla whey protein, and our “Get Lean.” 224 calories

signature

12 oz. \$7.95; 20 oz. \$8.95 | add 10g protein \$1.25

HAWAIIAN DREAM*

pineapple, banana and coconut with 10g vanilla whey protein. 240/305 calories

BERRY, BERRY GOOD*

antioxidant-rich raspberries, strawberries, blueberries, and blackberries with potassium-rich banana and 10g vanilla whey protein. 240/305 calories

STRAWBERRY SLAM*

strawberries with ripe banana, frozen strawberries, and 10g protein. 243/313 calories

MANGO-LICIOUS*

mangoes crushed and blended with banana, strawberries, and 10g vanilla whey protein. 233/298 calories

kids

12 oz. \$7.95 | add 10g protein \$1.25

GREEN MONSTER*

choice of milk blended with fresh banana, spinach, kale, 10g vanilla whey protein, and hint of honey. 179 calories

COOKIE MONSTER*

sandwich cookies blended with rich chocolate, choice of milk, and 10g chocolate whey protein. 195 calories

PB BANANA JAMMA*

ripe banana blended with natural nutty peanut butter, choice of milk, and 10g vanilla whey protein. 148 calories

JUNIOR CHOCOLATE FROSTY*

rich chocolate and choice of milk blended with 10g chocolate whey protein. 156 calories

STRAWBERRY SHORTCAKE*

a nutrient dense blend of strawberries, banana, and 10g vanilla whey protein mixed to a smooth creamy perfection. 154 calories

performance

12 oz. \$7.95; 20 oz. \$8.95 | add 10g protein \$1.25

BANANA NUT BLAST*

banana blended with natural peanut butter, choice of milk, and 10g vanilla whey protein. 288/352 Calories

COOKIE CRUNCH*

Sandwich cookies, choice of milk, rich chocolate, vanilla cream and 10g chocolate whey protein. 365/482 Calories.

PEANUT BUTTER CUP*

natural peanut butter blended with choice of milk and 10g chocolate whey protein. 371/528 Calories

JAVA JOLT*

choice of milk blended with our truly latte blend, optional coffee grounds, and 10g vanilla whey protein. 379/476 Calories

veggie fusion

12 oz. \$7.95; 20 oz. \$8.95 | add 10g protein \$1.25

VEGGIE PATCH*

pineapple puree, nutrient-dense spinach and kale, avocado, banana, 10g vanilla whey protein, and lemon. 267/432 calories

SQUASHED MANGO*

butternut squash, mangoes, banana, and beets blended with kale. drink to your health! 320/475 calories

FRUITY GREENS*

butternut squash and mango blended with strawberries, kale, and 10g vanilla whey protein. 233/388 calories

GREEN BALANCE*

choice of milk blended with fresh banana, spinach, kale, 10g vanilla whey protein, flax seed oil, and hint of honey. 375/489 calories

Add 50¢ **PROTEIN & OTHER HEALTHY ADDITIONS FOR YOUR SMOOTHIE** Just ask for it by name!

- **GET ENERGIZED** eleutherococcus senti cossus, kola nut, ginkgo biloba, gotu kola, & white willow bark
- **GET ESSENTIALS** vitamin A, D2, B1, B3, B12, K, C, E, B2, B6, biotin, calcium, iodine, magnesium, & pantothenic acid
- **GET LEAN** chromium picolinate, garcinia cambogia, & l-carnitine
- **GET RECOVERED** glutamine, carrots, tomatoes, celery, spinach, & milk thistle
- **GET REGULAR** chia, psyllium husk, rice fiber, flaxseed, wheat fiber, & GI matrix

**Descriptions of smoothies are dependent on available ingredients*

SETH TOMS



smoothies
contain no
added sugar;
all sugar is from
all-natural sources.

SMOOTHIES

low-cal.

	SIZE	CALORIES	CARBS	PROTEIN	FAT	SUGAR
skinny minny	12 oz	148	18	17	1.7	11
mocha melt	12 oz	179	27	11	3	16
berry slim	12 oz	213	44	11	.40	32
mango-teeny	12 oz	234	47	12	.25	31
lean-a colada	12 oz	212	39	11	1.3	33
PB cup lite	12 oz	217	29	20	3.5	20
banana slim	12 oz	166	28	14	.25	15
strawberry slim	12 oz	224	45	10	.25	33

kids

	SIZE	CALORIES	CARBS	PROTEIN	FAT	SUGAR
green monster	12 oz	206	30.9	17.3	2.0	20.7
cookie monster	12 oz	348	48.3	21.75	8.1	32.25
junior chocolate frosty	12 oz	353	55.2	21.9	6.9	39.3
strawberry shortcake	12 oz	293	54	15	.38	44.1
PB banana jamma	12 oz	335	34.2	24.75	12.4	19.8

performance

	SIZE	CALORIES	CARBS	PROTEIN	FAT	SUGAR
banana nut blast	12 oz / 20 oz	288 / 352	27 / 42	17 / 19.2	8.5 / 8.5	15 / 26
cookie crunch	12 oz / 20 oz	365 / 482	51 / 71	17 / 20	6.6 / 9.5	34 / 47
peanut butter cup	12 oz / 20 oz	371 / 528	42 / 57	20 / 26	11 / 20	27 / 35
java jolt	12 oz / 20 oz	379 / 476	56 / 74	16 / 18	6 / 8	43 / 58

signature

	SIZE	CALORIES	CARBS	PROTEIN	FAT	SUGAR
berry, berry good	12 oz / 20 oz	232 / 297	48 / 65	11.5 / 12	.40 / .40	38 / 52
Hawaiian dream	12 oz / 20 oz	231 / 296	44 / 60	11.5 / 12	1.3 / 1.36	39 / 55
strawberry slam	12 oz / 20 oz	243 / 313	50 / 68	10 / 10	.25 / .25	39 / 54
mango-licious	12 oz / 20 oz	233 / 298	48 / 65	11 / 12	.25 / .25	37 / 51

veggie fusion

	SIZE	CALORIES	CARBS	PROTEIN	FAT	SUGAR
squashed mango	12 oz / 20 oz	227 / 352	45 / 65	12 / 23	.32 / .6	38 / 55
veggie patch	12 oz / 20 oz	233 / 363	46 / 67	12.2 / 24	.68 / 1.0	39 / 56
fruity greens	12 oz / 20 oz	202 / 327	39 / 59	11 / 22	.31 / .63	34 / 51
green balance	12 oz / 20 oz	234 / 354	34 / 41	12 / 23	6 / 23	27 / 29