

# NUTRITIONAL INFORMATION

	Calories	Fat (g)	Protein (g)	Carb. (g)	Chol (g)	Fiber (g)	WW Points
<b>SMOOTHIES</b>							
<b>NY STATE OF MIND</b>							
The Big Apple	297	3	2	65	6	1	6
The Copa Banana	350	9	13	68	22	5	7
My Cousin Vinny	310	3	2	73	6	7	6
The Real Latte	353	16	20	48	43	1	9
<b>HEALTH N' MIND</b>							
Stress-Buster	170	0	0	41	0	3	3
Hangover Hero	407	16	20	61	43	3	9
Farewell Flu	226	0	1	55	0	3	4
Fountain-For-Youth	611	31	34	62	43	6	N/A
Moonlight Mango	334	3	3	75	6	4	6
<b>FAMOUS PHYSIQUES</b>							
Hercules	181	0	13	44	0	3	3
Wonder Woman	413	16	32	62	44	3	9
Superman	506	16	33	85	44	3	11
Iron Man	647	31	40	85	43	4	N/A
<b>LOVE IT AND LOSE IT</b>							
Lean 'N' Mean	153	0	1	38	0	3	2
You Go Girl	297	3	1	71	6	2	6
Skinny Minnie	76	0	8	19	0	6	1
Luscious N' Lite	182	0	1	44	0	6	3
<b>THE PLAYGROUND</b>							
Sit and Spin*	174	1	1	41	3	1	3
Jungle Jim*	240	8	10	39	22	1	4
Monkey Bars*	334	22	17	28	22	3	N/A
<b>THE RINK</b>							
Triple Axle*	187	1	1	40	3	1	4
Flip, Loop, Lutz*	99	0	0	23	0	1	2
Slap Shot*	126	0	0	31	0	1	2
Power Play*	112	0	9	27	0	8	1

The above breakdown is for the 24oz size Smoothie.

\*12oz Cup for Kids Rule Smoothies available at select locations.

## NUTRITIONAL SUPPLEMENTS

All of our nutritional blends contain vitamins, minerals, amino acids, herbs and other nutrients — the essential nutritional building blocks to help build your health and vitality. Please read our detailed supplement information pamphlet for more nutritional and health benefit information.

**All of our smoothies include one free blend, add more for 75¢ each!!**



## Smoothie & Juice Menu

197 Mamaroneck Avenue  
White Plains, NY 10601

P 914-997-7700 F 914-997-7710

[www.bigapplesmoothie.com](http://www.bigapplesmoothie.com)

**"OUR PASSION IS YOUR HEALTH!"**

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## NEW YORK STATE OF MIND

### THE BIG APPLE

Our signature smoothie. A blend of Apple Juice, Cranberry Juice, Mangoes & Orange Sherbert.

### THE COPA BANANA

Bananas, Bananas, Bananas & Non-Fat Frozen Yogurt. So good, you'll fall in love.

### MY COUSIN VINNY

A powerful "pick me up." A blend of Raspberries, Blueberries, Strawberries & Orange Sherbert.

### THE REAL LATTE

Reward for the coffee drinker with a decadent combo of Coffee, Bananas, Chocolate & Non-Fat Frozen Yogurt.

## LOVE IT AND LOSE IT

### LEAN-N-MEAN

Get your motor running before or after a workout. A delicious blend of Peaches & Strawberries.

### YOU GO GIRL!

Get on with your bad self! Enjoy Strawberries, Grape Juice & Orange Sherbert.

### SKINNY MINNIE

A delightfully refreshing blend of Raspberries & Lemonade.

### LUSCIOUS N' LITE

Satisfy your sweet tooth. A delicious non-fat blend of Strawberries, Raspberries, Apple Juice & Bananas.

## HEALTH-N-MIND

### STRESS-BUSTER

Forget your worries with Pineapples & Strawberries.

### TRIPLE PLEASURE

A flavorful blend of Mangoes, Strawberries & Orange Sherbert that's sure to leave you satisfied.

### FAREWELL FLU

Get on the road to recovery. A healthy blend of Strawberries, Bananas, Papaya & Orange Juice.

### FOUNTAIN-FOR-YOUTH

Roll back the years with an elixir made of Peanut Butter, Strawberries, Bananas & Non-Fat Frozen Yogurt.

### MOONLIGHT MANGO

Venture to an island paradise without your passport. Mangoes, Peaches, Bananas & Orange Sherbert.

## FAMOUS PHYSIQUES

### HERCULES™

A rejuvenating blend of Strawberries & Bananas. For the Gods as well as mere mortals.

### WONDER WOMAN™

Show the big boys who's boss with a delicious blend of Strawberries, Bananas & Non-Fat Frozen Yogurt.

### SUPERMAN™

It's a bird, it's a plane, it's Bananas, Chocolate & Non-Fat Frozen Yogurt.

### IRONMAN™

Revitalize yourself after a hard workout with Bananas, Chocolate, Non-Fat Frozen Yogurt & Peanut Butter.

24 oz. 32 oz.

6.25 7.00

6.25 7.00

6.25 7.00

6.25 7.00

24 oz. 32 oz.

6.25 7.00

6.25 7.00

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## PERFORMANCE SMOOTHIES

### POWERPLAY

A powerful blend of Raspberries, Blueberries & Strawberries with your choice of a complete Meal Replacement packet.

### THE OLYMPIAN

Be on top of the world with a delicious blend of Strawberries, Bananas, Non-Fat Frozen Yogurt & L-Glutamine with your choice of a Meal Replacement packet.

### MUSCLE BEACH

For those who live to pump. Bananas, Non-Fat Frozen Yogurt, Chocolate & Peanut Butter with your choice of a Meal Replacement packet.

### THE HULK

A muscle building blend of Strawberries, Pineapples & Creatine with your choice of a Meal Replacement packet.

### THE GODFATHER

An offer you can't refuse! Strawberries, Bananas & Peanut Butter with your choice of a Meal Replacement packet.

### THE GODDESS

An exotic blend of Skim/Soy Milk, Strawberries & Peaches with your choice of a Low Carb Meal Replacement packet.

### THE VENICE BEACH

A healthy blend of Apple Juice, Cranberry Juice & Mangoes with your choice of a Low Carb Meal Replacement packet.

### THE JUMP START

Kick off your workout with a blend of Skim/Soy Milk, Bananas, Blueberries & Non-Fat Frozen Yogurt with your choice of a Low Carb Meal Replacement packet.

## THE PLAYGROUND

### SIT AND SPIN

This delicious blend of Strawberries & Orange sherbet will get anyone "spinning."

### JUNGLE JIM

You'll flip over this yummy mix of Chocolate, Bananas & Non-Fat Frozen Yogurt.

### MONKEY BARS

Go a little ape & try our blend of Bananas, Peanut Butter & Non-Fat Frozen Yogurt.

## LET THERE BE JUICE

### CREATE YOUR OWN JUICE

Carrot	Tomato	Vegetable Mix	Orange	Apple
Cranberry	Strawberry	Lemon/Lime	Mango	Papaya

### FAVORITE JUICY COMBOS

Carrot juice, Apple juice & Ginger  
Orange juice, Banana & Strawberry  
Cranberry juice, Mango & Lime  
Vegetable Mix, Tomato Juice & Carrot Juice

## OUR FOUNTAIN OF YOUTH

### WHEAT GRASS

Wheat Grass is a super concentrated green vegetable freshly squeezed in our café. One ounce of fresh Wheat Grass juice is equivalent to the nutritional value of 2 pounds of organic green vegetables in vitamin and mineral content.

### WHEAT GRASS COOLER

Single shot of Wheat Grass with apple juice & a splash of lemon.

## ACAI BERRY

Acai has an extremely high concentration of fiber and omega fatty acids. It also contains a healthy dose of amino acids, carbohydrates and vitamins. These nutrients have been shown to suppress appetite, reduce accumulation of body fat, boost metabolism, increase energy and stamina.

32 oz.

7.75

7.75

7.75

7.75

7.75

7.75

7.75

7.75

Kids Rule (12 oz.)

3.25

3.25

3.25

16 oz.

5.50

5.50

Single

Double

2.60

3.80

5.89

6.25

2.50

3.75



All smoothies can be made non-dairy, just ask.

**To Our Valued Customers**  
"If You Have Any Type of Food Allergy,  
Please Speak with the Owner, Manager or Server"