

FIT FIT FIT

CREATIONS

*create your own
salads and smoothies
it's as simple as...*

grab!

add!

enjoy!

Eat more fruits and nuts, because you are what you eat!

-Anonymous

not feeling creative today? *smoothies*

strawnana blast...wow!
strawberries, banana and vanilla smoothie mix

neapolitan...delicious!
strawberries and chocolate sauce blended in a vanilla smoothie mix

peaches and cream...yum!
peaches blended with vanilla smoothie mix

sour bluenana...pucker up!
blueberries, bananas with a lime twist
blended in a vanilla smoothie mix

pb&j...just like mom used to make but in a blender!
peanut butter, banana and strawberries in a vanilla smoothie mix

pineberries...pine cones excluded!
pineapple, blueberries, raspberries blended in a vanilla smoothie mix

kokomo...that's where you wanna go!
pineapple, coconut, banana and orange in a vanilla smoothie mix

buttercup baby...don't break my heart!
peanut butter and chocolate syrup in a vanilla smoothie mix

*raspberry recharge...get your motor
runnin'!*
creamy rich raspberry with a hit of redbull

raspberry beret...i think i looovvve her!
peaches and raspberries in a vanilla smoothie mix

Why not go out on a limb? Isn't that where the fruit is?

-Frank Scully

try one of our signature creations...

salads

asian chicken delight...

who feels like chicken tonight?

grilled chicken, mandarin oranges, almonds, chow mein noodles and our japanese garlic soy dressing

a little nutty...

no need to go home to find a few nuts!
your favorite meat with almonds, sunflower seeds, walnuts and your choice of dressing

ham and cheese... please!

ham, cheddar, broccoli and croutons with fat free ranch dressing

always thanksgiving... pass the gravy!

turkey, cranberries, walnuts, red onion and our 100 island dressing

the body builder...

which way to the gun show?

chicken, turkey, kidney beans, carrots, cucumber, cheddar cheese and your favorite dressing

gumpity bumpity...

we go together like peas and carrots!

peas, carrots, broccoli, tomatoes, sunflower seeds and balsamic vinaigrette

albacore encore... the chicken of the sea!

tuna, green peas, mushrooms and tomatoes with our creamy wasabi dressing

el rancho... a little kick in the pants!

grilled chicken, kidney beans, corn, mixed peppers, croutons and our cajun ranch dressing

north shore luau... mahalo!

ham, pineapple, tomatoes and your favorite dressing

bunches o' crunches...

what did you say? i can only hear myself chew!
corn, carrots, cucumber, croutons, chow mein noodles and your choice of dressing

i have always admired the ability to bite off more than one can chew and then chew it.

-William Demille