

Risner Juice Bar

Hours of Operation
5 am - 9 pm

YOGURT SHAKES **\$4.00**

Made with Low-Fat Yogurt

- 1. Strawberry-Banana**
Low-fat yogurt, Strawberry and Banana flavor with one FRESH banana
- 2. Honey-B**
Low-fat yogurt, Honey, Banana and Peanut Butter
- 3. Island Fruit**
Low-fat yogurt, Banana, Coconut, Mango and Strawberry
- 4. Blender Breeze**
Low-fat yogurt, Mango, Coconut, and Strawberry
- 5. Sunshine Shaker**
Low-fat yogurt, Orange and Banana flavor with one FRESH banana
- 6. Sweet Sensation**
Low-fat yogurt, Strawberry, Raspberry and Banana
- 7. Tropical Twist**
Low-fat yogurt, Orange Juice and Mango
- 8. Berry Berry Delicious**
Low fat yogurt, Strawberry and Raspberry

WELLNESS

- 12. Blueberry Balance Shake** **\$3.75**
Low-fat yogurt, orange juice or water, blueberries, bananas, raspberries, and cherries
- 13. Berry Beneficial Shake** **\$4.50**
Antioxidant Drink made with low-fat yogurt, raspberries, blueberries, and strawberries

POWER SPECIALS

- 14. Endurance Ironman** **\$4.50**
Low-fat yogurt, whey protein, peanut butter, Glutamine, water
- 15. Strength Champ** **\$4.50**
Low-fat yogurt, whey protein, Creatine, orange juice, and coconut

SPECIALTY MENU

- 16. Sunrise Surprise Smoothie** **\$3.75**
Orange Juice, Raspberry Smoothie with 1-scoop of protein
- 17. Spring De-Lite Smoothie** **\$3.75**
Banana, Honey and Coconut with 1-scoop of protein
- 18. Coco-Ichigo Smoothie** **\$3.75**
Coconut, Strawberries (Ichigo), with 1-scoop of protein
- 19. Build-a-YOUR-gurt Parfait (16 oz)** **\$3.75**
Low-fat vanilla yogurt layered with your choice of two toppings: Strawberries, bananas, blueberries, raspberries or pineapple topped with low-fat granola
- 20. Build-a-YOUR-gurt Parfait (8 oz)** **\$2.25**
Low-fat vanilla yogurt layered with your choice of one toppings: Strawberries, bananas, blueberries, raspberries or pineapple topped with low-fat granola
- 21. Gourmet Ice (16 oz)** **\$3.00**
- 22. Gourmet Ice (8 oz)** **\$1.50**

SMOOTHIES

Made with Ice and Water

- 9. Fruit Protein Smoothie** **\$3.25**
Choice of one fruit
- 10. Fruit Smoothie** **\$3.25**
Choice of two fruits
- 11. Protein Smoothie** **\$2.50**
Whey protein

ADD-INS

- | | |
|--|---------------|
| Whey Protein | \$1.00 |
| Creatine | \$1.00 |
| Glutamine | \$1.00 |
| Frozen Yogurt (2 oz)
Chocolate or Vanilla | \$1.00 |
| Fruit | \$0.75 |
| Peanut Butter | \$0.50 |
| Granola | \$0.50 |
| Honey | \$0.25 |
| Coconut | \$0.25 |

FRUIT CHOICES:
Banana, Blueberry, Raspberry, Strawberry or Pineapple



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SPECIALTY ITEMS

Banana	\$0.75
Trail Mix	\$0.75
Chex Mix	\$0.75
Aloha Mix	\$0.75
Granola Bars	\$0.75

Supreme Protein Carb
Conscious Bars **\$3.50**

Protein
30g

- Caramel Nut Chocolate
- Cookies N Cream
- Peanut Butter Crunch
- Rocky Road Brownie



Elite Protein
Drink Shot

\$2.50

- Fruit Punch
- Tropical Splash



DRINKS

Coffee	\$1.50
Gatorade	\$1.50
Monster Energy Drink	\$2.25
Water	\$1.00
Flavored Hot Tea	\$0.75

- Blueberry & Pomegranate
- Vanilla Caramel Truffle
- Island Mango & Peach