

**Welcome to  
Quad Creek Cafe**



Mr. Gizze  
Lifestyle Cafe

The logo features the text "Mr. Gizze" in a purple, stylized serif font with a white outline. Below it, the words "Lifestyle Cafe" are written in a yellow, sans-serif font. The entire design is set against a black background and is decorated with several yellow circles of varying sizes scattered around the text.

## Fruit Smoothies - Small \$3.79 – Large \$3.99

- Strawberry Banana
- Pineapple Coconut Orange
- Blueberry Banana
- Mango Banana
- Blueberry Pineapple
- Strawberry Peach
- Raspberry Banana
- Peach Mango
- Banana Banana
- Pineapple Peach



**80 calories or less for small**  
**120 calories or less for large**

Blueberry Pineapple, Strawberry Peach,  
Mango Peach, Pineapple Peach,  
Blueberry Banana, Mango Banana,  
Raspberry Banana

**\*These smoothies are lactose, but not dairy free**

# Mega Smoothies – Add \$1.00 to your size

Small – Large

*Our favorite smoothies blended with specific NRgizers focused on meeting your individual nutritional goals*

## Stamina Squeeze

Strawberry Banana w/ Whey Protein & Brewer's Yeast

## Get Ripped

Raspberry Strawberry w/ Whey Protein & Lecithin

## Protein Pump

Peanut Butter Banana w/ Whey Protein & Creatine

## Flu Fighter

Strawberry Peach w/ Vitamin C & Echinacea

## Jumpin' Ginseng

Mango Banana w/ Whey Protein & Ginseng

## Vita-Boost

Blueberry Pineapple w/ Whey Protein & Multi-Vitamin

## Nutri-Blast

Pineapple Orange Banana w/ Whey Protein & Spirulina

## Smooth Move

Peach Mango w/ Vitamin C & Fiber



## NRgizers - \$0.59

*Nutritional Supplements that can be added to any smoothie for an NRgizing Boost!*

- Whey Protein
- Ginseng
- Multi-Vitamin
- Wheat Germ
- Creatine
- Fiber
- Spirulina
- Echinacea
- Lecithin
- Brewer's Yeast
- Vitamin C

## Power Shots – \$1.79

*Juiced, Shaken, and Served as a Toast to Your Health!*

### Wheat Grass

Freshly Juiced- Served with an OJ chaser

### Matcha Green Tea

Go Green! Shaken w/ Vanilla Soy Milk or OJ



## **Beneficial Blends – add \$1.00 to your size**

*Real fruit smoothies made with a special blend of herbs and amino acids.*

### **Fat-Fighter**

Strawberry Banana w/ a Blend of L-Carnatine & Chromium- Helping You Reach Your Weight Loss Goals

### **Body Builder**

Raspberry Apple w/ ATP & Creatine for Strength & Stamina

### **Ying/Yang**

Pineapple Coconut Orange w/ Vitamins and Minerals for Over-All Balance

### **Derma Delight**

Banana Banana w/ Pure Proline to Help Revive Skin Tissue

### **Holistic Healer**

Orange Banana w/ BCAAs for Muscle Recovery

### **Memory Mixer**

Pineapple Peach w/ Glutamic Acid for Brain Function

### **Cardio Crush**

Mango Banana w/ Minerals to Help Keep Your Body Fueled

### **Muscle Mass**

Blueberry Pineapple w/ Mass Building Amino Acids



## Freshly Squeezed Juice – Small \$3.49 – Large \$3.69

- Carrot
- Orange
- Apple



## Ice Crush Chillers – Small \$3.49 – Large \$3.69

- Strawberry Orange - Calories: Small 160; Large 230
- Pineapple Strawberry - Calories: Small 170; Large 240
- Watermelon Strawberry – Calories: Small 130; Large 200
- Apple Strawberry – Calories: Small 160; Large 230
- Kiwi Strawberry – Calories: Small 140; Large 220

