SMOOTHIE KING MENU

2026 | Prices, Calories & Nutrition | 176 items, 11 categories

Prices are dine-in estimates (checked November 2026) and vary by location; delivery apps charge roughly $1-$3 more per item. Calories are Smoothie King's official figures for the standard recipe. Smoothies come in 20 / 32 / 44 oz; kids smoothies are 12 oz. An independent fan guide - smoothiekingmenu.us.com

GET FIT SMOOTHIES

Gladiator Chocolate
$6.99 (estimate)
220 cal (all sizes)
The gym staple: 45g of Gladiator protein with your choice of two fruits, veggies or cold brew coffee. Zero added sugar, and the same 220 calories at every size.

Gladiator Strawberry
$6.99 (estimate)
220 cal (all sizes)
45g of Gladiator protein in a strawberry base, plus your choice of two fruits, veggies or cold brew coffee. Zero added sugar, 220 calories at any size.

Gladiator Vanilla
$6.99 (estimate)
220 cal (all sizes)
45g of Gladiator protein in a vanilla base, plus your choice of two fruits, veggies or cold brew coffee. Zero added sugar, 220 calories at any size.

Orangetheory All Out Smoothie
$6.79 (estimate)
20 oz 310 cal | 32 oz 480 cal | 44 oz 620 cal
Built with Orangetheory Fitness for the post-workout window: a high-protein recovery blend with 27g of protein and no added sugar.

Original High Protein Banana
$6.49 (estimate)
20 oz 330 cal | 32 oz 490 cal | 44 oz 660 cal
The original Smoothie King protein shake: whey protein, almonds, dairy whey blend, dates and nonfat milk blended with banana.

Original High Protein Chocolate
$6.69 (estimate)
20 oz 370 cal | 32 oz 540 cal | 44 oz 730 cal
Whey protein, almonds, dairy whey blend, 100% cocoa, dates and nonfat milk. A thick chocolate shake with 30g of protein.

Original High Protein Lemon
$6.49 (estimate)
20 oz 380 cal | 32 oz 570 cal | 44 oz 750 cal
A bright lemon twist on the original high-protein recipe: whey protein and almonds with a citrus kick and 27g of protein.

Original High Protein Pineapple
$6.49 (estimate)
20 oz 300 cal | 32 oz 460 cal | 44 oz 610 cal
Tropical take on the original: whey protein, almonds and nonfat milk blended with sweet pineapple. 27g of protein, no added sugar.

Peanut Power Plus
$6.79 (estimate)
20 oz 520 cal | 32 oz 770 cal | 44 oz 1030 cal
Peanut butter and banana blended thick with protein. Built for bulking and big appetites, with 20g of protein and no added sugar.

Peanut Power Plus Chocolate
$6.79 (estimate)
20 oz 540 cal | 32 oz 810 cal | 44 oz 1070 cal
Peanut butter, banana and cocoa in a thick, filling shake. 23g of protein and no added sugar.

GET FIT SMOOTHIES (CONTINUED)

Peanut Power Plus Strawberry
$6.79 (estimate)
20 oz 590 cal | 32 oz 830 cal | 44 oz 1170 cal
Peanut butter and banana with strawberries. The sweetest of the Peanut Power line, with 25g of added sugar at 20 oz.

Power Punch Plus
$6.79 (estimate)
20 oz 280 cal | 32 oz 420 cal | 44 oz 560 cal
A fruity punch-style blend with 14g of protein. Lighter than the heavy gainers, with a little added sugar for sweetness.

The Activator Recovery Blueberry Strawberry
$6.79 (estimate)
20 oz 250 cal | 32 oz 370 cal | 44 oz 510 cal
Post-workout recovery with Gladiator protein, coconut water, strawberries, wild blueberries and apple blueberry juice blend.

The Activator Recovery Chocolate
$6.79 (estimate)
20 oz 200 cal | 32 oz 280 cal | 44 oz 380 cal
A chocolate recovery shake built on Gladiator protein with 26g of protein and just 200 calories at 20 oz.

The Activator Recovery Pineapple
$6.79 (estimate)
20 oz 300 cal | 32 oz 450 cal | 44 oz 610 cal
Pineapple and Gladiator protein with coconut water for a tropical post-workout refuel. 24g of protein, no added sugar.

The Activator Recovery Pineapple Spinach
$6.79 (estimate)
20 oz 270 cal | 32 oz 450 cal | 44 oz 550 cal
Pineapple, spinach and Gladiator protein with coconut water. A green-leaning recovery blend with 27g of protein.

The Activator Recovery Strawberry Banana
$6.79 (estimate)
20 oz 260 cal | 32 oz 420 cal | 44 oz 520 cal
Strawberries, bananas, Gladiator protein, coconut water, protein blend and apple juice blend. The classic recovery combo.

The Hulk Chocolate
$6.99 (estimate)
20 oz 700 cal | 32 oz 1060 cal | 44 oz 1410 cal
Butter pecan ice cream, bananas, Hulk blend and cocoa with turbinado. The mass-gainer legend - 59g of added sugar at 20 oz.

The Hulk Strawberry
$6.99 (estimate)
20 oz 820 cal | 32 oz 1230 cal | 44 oz 1650 cal
Butter pecan ice cream, strawberries, bananas and Hulk blend. The highest-calorie smoothie on the menu - 85g of added sugar at 20 oz.

The Hulk Vanilla
$6.99 (estimate)
20 oz 690 cal | 32 oz 1030 cal | 44 oz 1370 cal
Butter pecan ice cream, bananas and Hulk blend with turbinado. Thick, sweet and built for gaining - 59g of added sugar at 20 oz.

FEEL ENERGIZED SMOOTHIES

Coffee D-Lite Mocha
$6.29 (estimate)
20 oz 320 cal | 32 oz 480 cal | 44 oz 640 cal
Cold brew coffee blended with vanilla frozen yogurt, nonfat milk, dairy whey blend, cocoa and turbinado. A mocha milkshake with a caffeine kick.

Coffee D-Lite Vanilla
$6.29 (estimate)
20 oz 230 cal | 32 oz 350 cal | 44 oz 460 cal
Cold brew coffee with vanilla frozen yogurt, nonfat milk, dairy whey blend and turbinado. Lighter than the mocha, same morning lift.

FEEL ENERGIZED SMOOTHIES (CONTINUED)

Coffee High Protein Almond Mocha
$6.49 (estimate)
20 oz 370 cal | 32 oz 550 cal | 44 oz 750 cal
Cold brew coffee, dates, nonfat milk, dairy whey blend, whey protein, almonds and 100% cocoa. 31g of protein with your caffeine.

Coffee High Protein Vanilla
$6.49 (estimate)
20 oz 370 cal | 32 oz 540 cal | 44 oz 740 cal
Cold brew coffee with whey protein, vanilla and nonfat milk. A vanilla latte that actually counts as breakfast, with 30g of protein.

Espresso D-Lite Mocha
$6.29 (estimate)
20 oz 330 cal | 32 oz 490 cal | 44 oz 660 cal
Espresso instead of cold brew in the mocha D-Lite: vanilla frozen yogurt, nonfat milk, dairy whey blend, cocoa and turbinado. Nearly double the caffeine of the coffee version.

Espresso D-Lite Vanilla
$6.29 (estimate)
20 oz 240 cal | 32 oz 360 cal | 44 oz 480 cal
Espresso with vanilla frozen yogurt, nonfat milk, dairy whey blend and turbinado. A stronger caffeine hit than the cold brew version.

Espresso High Protein Almond Mocha
$6.49 (estimate)
20 oz 380 cal | 32 oz 570 cal | 44 oz 770 cal
Espresso, dates, nonfat milk, dairy whey blend, whey protein, almonds and cocoa. 31g of protein and a serious espresso kick.

Espresso High Protein Vanilla
$6.49 (estimate)
20 oz 380 cal | 32 oz 560 cal | 44 oz 760 cal
Espresso with whey protein, vanilla and nonfat milk. 30g of protein in a vanilla latte-style blend.

Gladiator Chocolate Coffee
$6.69 (estimate)
20 oz 300 cal | 32 oz 340 cal | 44 oz 380 cal
Gladiator protein and bananas with cold brew coffee. 46g of protein and caffeine in one cup, with calories that barely rise by size.

Gladiator Chocolate Espresso
$6.69 (estimate)
20 oz 310 cal | 32 oz 360 cal | 44 oz 400 cal
Gladiator protein and bananas with espresso instead of cold brew. 46g of protein and a bigger caffeine jolt.

Keto Champ Coffee
$6.79 (estimate)
20 oz 430 cal | 32 oz 690 cal | 44 oz 840 cal
Cold brew coffee with almond butter, Califia Farms almond milk, keto protein blend and cocoa. High-fat, low-carb energy with no added sugar.

Keto Champ Espresso
$6.79 (estimate)
20 oz 440 cal | 32 oz 700 cal | 44 oz 860 cal
Espresso with almond butter, Califia Farms almond milk, keto protein blend and cocoa. The keto coffee with a stronger caffeine hit.

Pumpkin Coffee High Protein Cold Brew
$6.79 (estimate)
20 oz 390 cal | 32 oz 580 cal | 44 oz 780 cal
Seasonal fall blend: pumpkin and cold brew coffee with high protein. 31g of protein, no added sugar. Available for a limited time each fall.

Pumpkin Coffee High Protein Espresso
$6.79 (estimate)
20 oz 400 cal | 32 oz 590 cal | 44 oz 800 cal
Seasonal fall blend: pumpkin and espresso with high protein. 31g of protein, no added sugar. Available for a limited time each fall.

FEEL ENERGIZED SMOOTHIES (CONTINUED)

Pure Recharge Mango Strawberry
$6.79 (estimate)
20 oz 300 cal | 32 oz 460 cal | 44 oz 610 cal
Strawberries, mangoes, apple-pineapple juice blend, Pure Recharge enhancer and electrolytes. Natural caffeine for all-day energy.

Pure Recharge Pineapple
$6.79 (estimate)
20 oz 370 cal | 32 oz 550 cal | 44 oz 740 cal
Bananas, pineapples, Pure Recharge enhancer, apple-pineapple juice blend and nutrient blend. The heartiest of the Pure Recharge line, with 10g of protein.

Pure Recharge Strawberry
$6.79 (estimate)
20 oz 190 cal | 32 oz 290 cal | 44 oz 380 cal
Pure Recharge enhancer, strawberries, pear juice blend, electrolyte blend, protein blend and nutrient blend. The lightest energy option on the menu.

The Activator Recovery Coffee
$6.89 (estimate)
20 oz 220 cal | 32 oz 310 cal | 44 oz 440 cal
Gladiator protein, coconut water, nonfat milk, bananas, protein blend and cold brew coffee. Recovery and caffeine in one cup.

The Activator Recovery Espresso
$6.89 (estimate)
20 oz 230 cal | 32 oz 330 cal | 44 oz 460 cal
Gladiator protein, coconut water, nonfat milk, bananas, protein blend and espresso. Same recovery build, stronger coffee kick.

The Hulk Coffee
$6.69 (estimate)
20 oz 700 cal | 32 oz 1050 cal | 44 oz 1400 cal
Butter pecan ice cream, bananas, Hulk blend, turbinado and cold brew coffee. The Hulk with a caffeine boost.

The Hulk Espresso
$6.69 (estimate)
20 oz 700 cal | 32 oz 1050 cal | 44 oz 1410 cal
Butter pecan ice cream, bananas, Hulk blend, turbinado and espresso. The Hulk with a double-shot attitude.

Vegan Coffee Mocha
$6.59 (estimate)
20 oz 230 cal | 32 oz 340 cal | 44 oz 470 cal
A plant-based mocha with cold brew coffee and vegan protein. Dairy-free energy with no added sugar.

Vegan Espresso Mocha
$6.59 (estimate)
20 oz 240 cal | 32 oz 360 cal | 44 oz 480 cal
A plant-based mocha with espresso and vegan protein. Dairy-free, no added sugar, and a stronger caffeine hit than the cold brew version.

MANAGE WEIGHT SMOOTHIES

Keto Champ Berry
$6.79 (estimate)
20 oz 450 cal | 32 oz 720 cal | 44 oz 900 cal
Wild blueberries, raspberries, keto protein blend, almond butter, Califia Farms almond milk and cocoa. High-fat, low-carb and keto-friendly.

Keto Champ Chocolate
$6.79 (estimate)
20 oz 420 cal | 32 oz 680 cal | 44 oz 850 cal
Califia Farms almond milk, almond butter, keto protein blend, protein blend, 100% cocoa and stevia. No fruit, no added sugar - the lowest-carb Keto Champ.

MANAGE WEIGHT SMOOTHIES (CONTINUED)

Pumpkin Keto Champ
$6.79 (estimate)
20 oz 440 cal | 32 oz 710 cal | 44 oz 880 cal
Seasonal fall blend: organic pumpkin, almond butter, Califia Farms almond milk, keto protein blend and spice blend. Keto-friendly pumpkin spice.

Lean1 Vanilla
$6.49 (estimate)
240 cal
Lean1 protein, bananas and almonds. A meal-replacement smoothie with 21g of protein, built to keep you full. Calorie figure is for 20 oz from Smoothie King's published nutrition guide.

Lean1 Chocolate
$6.49 (estimate)
250 cal
Bananas, almonds and Lean1 chocolate protein. A chocolate meal-replacement shake. Calorie figure is for 20 oz from Smoothie King's published nutrition guide.

Lean1 Strawberry
$6.49 (estimate)
20 oz 200 cal | 32 oz 290 cal
Lean1 protein, strawberries and stevia. The lowest-calorie Lean1 at 200 calories for 20 oz. 44 oz figure not published in a current official source.

Lean1 Pineapple Mango
$6.49 (estimate)
290 cal
Pineapples, mangoes, apple pineapple juice blend and Lean1 vanilla protein. A tropical meal replacement. Calorie figure is for 20 oz from Smoothie King's published nutrition guide.

MangoFest
$6.89 (estimate)
20 oz 290 cal | 32 oz 430 cal | 44 oz 580 cal
Just mangoes, apple pineapple juice blend and papaya juice blend. One of the simplest smoothies on the menu - fruit and juice, nothing else.

Metabolism Boost Dark Chocolate Banana
$7.19 (estimate)
20 oz 330 cal | 32 oz 500 cal | 44 oz 670 cal
Banana, 100% cocoa, nonfat milk, Gladiator protein, protein blend, fiber blend and Metabolism Boost enhancer. Tastes like dessert, with 100mg of natural caffeine and 24g of protein.

Metabolism Boost Mango Ginger
$6.69 (estimate)
20 oz 270 cal | 32 oz 400 cal | 44 oz 540 cal
Mangoes, organic ginger, organic spinach, bananas, Metabolism Boost enhancer, Gladiator protein, fiber blend, white grape lemon juice blend and protein blend. Warming ginger with 100mg of natural caffeine.

Metabolism Boost Strawberry Pineapple
$6.69 (estimate)
20 oz 270 cal | 32 oz 420 cal | 44 oz 550 cal
Strawberries, pineapple, Metabolism Boost enhancer, Gladiator protein, fiber blend, kiwi apple juice blend and protein blend. 100mg of natural caffeine with 17g of protein.

Metabolism Boost Banana Passionfruit
$6.69 (estimate)
Calories not published
Bananas, pear passion fruit juice blend, papaya juice blend, Gladiator protein, protein blend, fiber blend and Metabolism Boost enhancer. No current official calorie figure: the 2022 guide lists 240 for 20 oz while the March 2024 official test PDF lists 260, so no figure is published here.

Power Meal Slim Chocolate
$6.69 (estimate)
20 oz 210 cal | 32 oz 300 cal | 44 oz 430 cal
A slim meal-replacement blend with 22g of protein and 10g of fiber in a chocolate base. No added sugar.

Power Meal Slim Strawberry
$6.69 (estimate)
20 oz 210 cal | 32 oz 330 cal | 44 oz 430 cal
A slim meal-replacement blend with 19g of protein and 8g of fiber in a strawberry base. No added sugar.

MANAGE WEIGHT SMOOTHIES (CONTINUED)

Power Meal Slim Vanilla
$6.99 (estimate)
20 oz 190 cal | 32 oz 280 cal | 44 oz 370 cal
A slim meal-replacement blend with 19g of protein in a vanilla base. The lightest Power Meal Slim at 190 calories for 20 oz.

The Shredder Chocolate
$5.99 (estimate)
20 oz 230 cal | 32 oz 320 cal | 44 oz 400 cal
Gladiator protein, protein blend, Diet Down enhancer and 100% cocoa. A fat-burning focused blend with 32g of protein.

The Shredder Strawberry
$5.99 (estimate)
20 oz 310 cal | 32 oz 470 cal | 44 oz 620 cal
Gladiator protein, protein blend, Diet Down enhancer, strawberries and pear juice blend. 28g of protein with a fruit-forward flavor.

The Shredder Vanilla
$5.99 (estimate)
20 oz 220 cal | 32 oz 330 cal | 44 oz 440 cal
Gladiator protein, protein blend and Diet Down enhancer in a clean vanilla base. 32g of protein for 220 calories.

Slim-N-Trim Blueberry
$6.79 (estimate)
20 oz 250 cal | 32 oz 370 cal | 44 oz 500 cal
Slim-N-Trim blend with wild blueberries and apple blueberry juice blend. A berry meal replacement with no added sugar.

Slim-N-Trim Chocolate
$6.79 (estimate)
20 oz 210 cal | 32 oz 330 cal | 44 oz 420 cal
Slim-N-Trim blend, bananas, 100% cocoa and nonfat milk. A chocolate meal replacement with 20g of protein.

Slim-N-Trim Strawberry
$6.79 (estimate)
20 oz 160 cal | 32 oz 230 cal | 44 oz 310 cal
Slim-N-Trim blend with strawberries. The lowest-calorie smoothie on the whole menu at 160 calories for 20 oz.

Slim-N-Trim Vanilla
$6.79 (estimate)
20 oz 170 cal | 32 oz 250 cal | 44 oz 330 cal
Slim-N-Trim blend with bananas. A simple vanilla meal replacement at 170 calories for 20 oz.

Slim-N-Trim Veggie
$6.79 (estimate)
20 oz 240 cal | 32 oz 360 cal | 44 oz 480 cal
Slim-N-Trim blend, bananas, mango, apple pineapple juice blend, pineapple, organic kale, organic ginger and organic spinach. The greenest Slim-N-Trim.

Pumpkin Slim-N-Trim
$6.79 (estimate)
20 oz 210 cal | 32 oz 310 cal | 44 oz 410 cal
Seasonal fall blend: organic pumpkin, bananas, dates, Slim-N-Trim blend and spice blend. Pumpkin pie flavor in a 210-calorie meal replacement.

BE WELL SMOOTHIES

Blueberry Heaven
$6.89 (estimate)
20 oz 260 cal | 32 oz 400 cal | 44 oz 520 cal
Blueberries and bananas with vanilla protein blend. An antioxidant-rich classic with no added sugar.

Collagen Power Pineapple Kale
$6.89 (estimate)
20 oz 230 cal | 32 oz 350 cal | 44 oz 450 cal
Organic plant-based protein, joint health enhancer with collagen, coconut water, bananas, dates, pineapple and organic kale. Built for joints and skin.

BE WELL SMOOTHIES (CONTINUED)

Daily Warrior
$6.59 (estimate)
20 oz 620 cal | 32 oz 930 cal | 44 oz 1250 cal
Bananas, peanut butter, dates, blueberries, apple blueberry juice blend, almonds, fiber blend, stevia and organic spinach. The heartiest Be Well blend - a full meal in a cup.

Gut Health Papaya Mango Ginger
$6.89 (estimate)
20 oz 190 cal | 32 oz 260 cal | 44 oz 370 cal
Papaya, mango and ginger with the Gut Health enhancer (probiotics and prebiotic fiber). Light, tropical and easy on the stomach.

High Protein Greek Yogurt Gut Health Pineapple Mango
$6.89 (estimate)
20 oz 250 cal | 32 oz 386 cal | 44 oz 495 cal
Greek yogurt, pineapple and mango with the Gut Health enhancer. Protein plus probiotics in a tropical cup.

High Protein Greek Yogurt Gut Health Strawberry Banana
$6.89 (estimate)
20 oz 330 cal | 32 oz 500 cal | 44 oz 650 cal
Greek yogurt, strawberries and bananas with the Gut Health enhancer. 12g of protein with probiotics.

High Protein Greek Yogurt Gut Health Strawberry Blueberry
$6.89 (estimate)
20 oz 240 cal | 32 oz 360 cal | 44 oz 470 cal
Strawberries, wild blueberries, Greek nonfat yogurt, apple blueberry juice blend, pear juice blend, protein blend and Gut Health enhancer.

Hydration Berry
$7.19 (estimate)
20 oz 190 cal | 32 oz 290 cal | 44 oz 380 cal
A berry hydration blend with coconut water and electrolytes. Light and refreshing, made for rehydrating.

Hydration Pineapple Mango
$7.19 (estimate)
20 oz 240 cal | 32 oz 350 cal | 44 oz 480 cal
Pineapple and mango with coconut water and electrolytes. A tropical hydration blend with no added sugar.

Immune Builder Mixed Berry
$6.89 (estimate)
20 oz 330 cal | 32 oz 490 cal | 44 oz 660 cal
Mixed berries with the Immune Support enhancer - vitamin C, zinc, echinacea and more. A berry blend built for immune support.

Immune Builder Veggie Superfood
$6.69 (estimate)
20 oz 350 cal | 32 oz 510 cal | 44 oz 690 cal
A veggie and superfood blend with the Immune Support enhancer. Greens and berries with immune-supporting vitamins.

Power Meal Blueberry Raspberry
$6.59 (estimate)
20 oz 320 cal | 32 oz 480 cal | 44 oz 640 cal
Blueberries and raspberries with protein blend, Gladiator protein and a multivitamin enhancer. A berry meal replacement with 20g of protein.

Power Meal Cinnamon Banana
$6.89 (estimate)
20 oz 310 cal | 32 oz 460 cal | 44 oz 620 cal
Dates, banana, almonds, protein blend, Gladiator protein vanilla, multivitamin enhancer and cinnamon. Warm cinnamon flavor in a 20g-protein meal replacement.

Power Meal Spinach Pineapple
$6.89 (estimate)
20 oz 350 cal | 32 oz 530 cal | 44 oz 700 cal
Spinach and pineapple with protein blend, Gladiator protein and a multivitamin enhancer. A green meal replacement with 21g of protein.

BE WELL SMOOTHIES (CONTINUED)

Pumpkin Power Meal
$6.89 (estimate)
20 oz 310 cal | 32 oz 450 cal | 44 oz 610 cal
Seasonal fall blend: pumpkin in the Power Meal build with 20g of protein and a multivitamin enhancer. A pumpkin-spiced meal replacement.

Pumpkin Vegan
$6.89 (estimate)
20 oz 260 cal | 32 oz 380 cal | 44 oz 520 cal
Seasonal fall blend: pumpkin with plant-based protein and spice. Fully vegan, 12g of protein, just 1g of added sugar at 20 oz.

Vegan Dark Chocolate Banana
$6.89 (estimate)
20 oz 310 cal | 32 oz 470 cal | 44 oz 630 cal
Dark chocolate and banana with plant-based protein. A fully vegan chocolate shake with 13g of fiber.

Vegan Mango Kale
$6.59 (estimate)
20 oz 320 cal | 32 oz 490 cal | 44 oz 640 cal
Mango and kale with plant-based protein. The best-selling vegan blend - sweet mango up front, greens underneath.

Vegan Mixed Berry
$6.89 (estimate)
20 oz 280 cal | 32 oz 430 cal | 44 oz 570 cal
Mixed berries with plant-based protein. A fully vegan berry blend with 12g of protein and no added sugar.

Vegan Nutty Super Grain
$6.89 (estimate)
20 oz 500 cal | 32 oz 760 cal | 44 oz 990 cal
Super grains, nuts and plant-based protein. The heartiest vegan option, with 19g of protein and 26g of healthy fats.

Vegan Pineapple Spinach
$6.89 (estimate)
20 oz 350 cal | 32 oz 540 cal | 44 oz 700 cal
Pineapple and spinach with plant-based protein. A fully vegan green blend with 10g of protein.

Veggie Apple Kiwi Kale
$6.89 (estimate)
20 oz 290 cal | 32 oz 440 cal | 44 oz 580 cal
Apple, kiwi and kale with no added sugar. A crisp, green veggie blend - light on protein, big on produce.

Veggie Carrot Kale Dream
$6.59 (estimate)
20 oz 270 cal | 32 oz 410 cal | 44 oz 530 cal
Carrot and kale with fruit for sweetness. A veggie-forward blend with no added sugar.

Veggie Lemon Ginger Spinach
$6.89 (estimate)
20 oz 300 cal | 32 oz 470 cal | 44 oz 600 cal
Lemon, ginger and spinach. A zesty green blend with a warming ginger finish and no added sugar.

FRUIT CLASSICS SMOOTHIES

Angel Food
$5.89 (estimate)
20 oz 350 cal | 32 oz 520 cal | 44 oz 690 cal
Strawberries, bananas, nonfat milk and turbinado. The original Smoothie King classic - sweet, creamy and simple.

Angel Food Slim
$6.59 (estimate)
20 oz 220 cal | 32 oz 330 cal | 44 oz 440 cal
Strawberries, bananas, pear juice blend, protein blend and stevia. The lighter Angel Food - same flavor family, no turbinado, 130 fewer calories.

FRUIT CLASSICS SMOOTHIES (CONTINUED)

Banana Berry Treat
$5.99 (estimate)
20 oz 290 cal | 32 oz 440 cal | 44 oz 580 cal
Bananas, strawberries, raspberries, papaya juice blend and protein blend. A fruity classic with a little protein.

Banana Boat
$5.99 (estimate)
20 oz 440 cal | 32 oz 650 cal | 44 oz 870 cal
Bananas, vanilla frozen yogurt, dairy whey blend and turbinado. A banana-split style treat - more dessert than smoothie.

Berry Punch
$5.99 (estimate)
20 oz 260 cal | 32 oz 400 cal | 44 oz 530 cal
Strawberries, raspberries, blueberries, apple blueberry juice blend and electrolyte blend. A pure berry punch with no added sugar.

Caribbean Way
$5.89 (estimate)
20 oz 390 cal | 32 oz 590 cal | 44 oz 780 cal
Strawberries, bananas, papaya juice blend and turbinado. A tropical classic - sweet, with 50g of added sugar at 20 oz.

Island Impact
$5.99 (estimate)
20 oz 270 cal | 32 oz 400 cal | 44 oz 540 cal
A tropical fruit blend with no added sugar. Light and refreshing island flavor.

Lemon Twist Banana
$5.99 (estimate)
20 oz 370 cal | 32 oz 550 cal | 44 oz 730 cal
Banana with a lemon twist - tart, sweet and creamy. One of the originals, still on the menu since the early days.

Lemon Twist Strawberry
$5.99 (estimate)
20 oz 390 cal | 32 oz 580 cal | 44 oz 780 cal
Strawberry with a lemon twist - tart citrus meets sweet berries in a creamy classic.

Muscle Punch
$5.99 (estimate)
20 oz 320 cal | 32 oz 470 cal | 44 oz 630 cal
Strawberries, bananas, nonfat milk and Super Grains enhancer. A fruity punch with a grain-powered twist.

Peppermint D-Lite Dark Chocolate
$6.09 (estimate)
480 cal
Seasonal holiday blend: bananas, vanilla frozen yogurt, peppermint blend, turbinado, protein blend, cocoa and nonfat milk. Peppermint bark in a cup. Calorie figure is for 20 oz; 32/44 oz figures not published in a current official source.

Peppermint D-Lite Vanilla
$6.09 (estimate)
340 cal
Seasonal holiday blend: vanilla frozen yogurt and peppermint with bananas and nonfat milk. A lighter peppermint treat. Calorie figure is for 20 oz; 32/44 oz figures not published in a current official source.

Pineapple Surf
$5.99 (estimate)
20 oz 410 cal | 32 oz 610 cal | 44 oz 820 cal
Pineapple, strawberries, kiwi apple juice blend, dairy whey blend and turbinado. A sweet surfside classic.

Pumpkin D-Lite
$6.09 (estimate)
20 oz 310 cal | 32 oz 460 cal | 44 oz 610 cal
Seasonal fall blend: pumpkin, vanilla frozen yogurt and spice. Pumpkin pie flavor, only 12g of protein - this one is a treat, not a meal.

FRUIT CLASSICS SMOOTHIES (CONTINUED)

Strawberry X-Treme
$5.99 (estimate)
20 oz 300 cal | 32 oz 450 cal | 44 oz 600 cal
Pure strawberry, turned up. A straightforward berry classic with no added sugar.

Strawberry-Kiwi Breeze
$5.89 (estimate)
20 oz 360 cal | 32 oz 540 cal | 44 oz 720 cal
Strawberries and kiwi in a sweet, breezy blend. One of the lighter classics, though the turbinado adds up.

Yogurt D-Lite
$6.09 (estimate)
20 oz 290 cal | 32 oz 430 cal | 44 oz 570 cal
Vanilla frozen yogurt, nonfat milk, dairy whey blend and turbinado. A frozen-yogurt shake that leans dessert.

GLP-1 SUPPORT SMOOTHIES

The Activator Recovery GLP-1 Almond Berry
$7.19 (estimate)
20 oz 200 cal | 32 oz 290 cal | 44 oz 400 cal
An almond-and-berry recovery blend built for GLP-1 users: high protein, high fiber, low sugar, and easy on a smaller appetite.

Gladiator GLP-1 Chocolate
$7.19 (estimate)
220 cal (all sizes)
The Gladiator build, tuned for GLP-1 support: 45g of protein, high fiber, no added sugar - and the same 220 calories at every size.

Gladiator GLP-1 Strawberry
$7.19 (estimate)
220 cal (all sizes)
The Gladiator build in strawberry, tuned for GLP-1 support: 45g of protein, high fiber, no added sugar - 220 calories at any size.

Gladiator GLP-1 Vanilla
$7.19 (estimate)
220 cal (all sizes)
The Gladiator build in vanilla, tuned for GLP-1 support: 45g of protein, high fiber, no added sugar - 220 calories at any size.

Keto Champ GLP-1 Berry
$6.99 (estimate)
20 oz 450 cal | 32 oz 720 cal | 44 oz 900 cal
The Keto Champ berry recipe with GLP-1-friendly macros: high protein and fiber, low sugar, no added sugar.

Keto Champ GLP-1 Chocolate
$6.99 (estimate)
20 oz 420 cal | 32 oz 680 cal | 44 oz 850 cal
The Keto Champ chocolate recipe with GLP-1-friendly macros: high protein and fiber, low sugar, no added sugar.

Power Meal Slim GLP-1 Chocolate
$6.99 (estimate)
20 oz 210 cal | 32 oz 320 cal | 44 oz 430 cal
The Power Meal Slim chocolate recipe tuned for GLP-1 users: high protein, high fiber, low sugar in a small, sippable meal.

Power Meal Slim GLP-1 Strawberry
$6.99 (estimate)
20 oz 210 cal | 32 oz 330 cal | 44 oz 430 cal
The Power Meal Slim strawberry recipe tuned for GLP-1 users: high protein, high fiber, low sugar in a small, sippable meal.

GLP-1 SUPPORT SMOOTHIES (CONTINUED)

Power Meal Slim GLP-1 Vanilla
$6.99 (estimate)
20 oz 190 cal | 32 oz 280 cal | 44 oz 370 cal
The Power Meal Slim vanilla recipe tuned for GLP-1 users: high protein, high fiber, low sugar - the lightest GLP-1 meal at 190 calories.

Pumpkin GLP-1 Slim-N-Trim
$6.99 (estimate)
20 oz 300 cal | 32 oz 480 cal | 44 oz 600 cal
Seasonal fall blend: organic pumpkin, Califia Farms almond milk, Slim-N-Trim blend, bananas, almonds and spice blend - in GLP-1-friendly macros.

Slim-N-Trim GLP-1 Mango Greens
$6.99 (estimate)
20 oz 200 cal | 32 oz 310 cal | 44 oz 410 cal
Mango and greens in a Slim-N-Trim build tuned for GLP-1 users: 200 calories, high protein and fiber, low sugar.

KIDS SMOOTHIES

Apple Kiwi Bunga
$3.49 (estimate)
170 cal
Apple and kiwi in a kid-sized cup. Just fruit - no added sugar.

Berry Interesting
$3.99 (estimate)
200 cal
A mixed-berry blend for kids, served in a 12 oz cup with a fun name they'll actually order.

Choc-A-Laka
$4.49 (estimate)
270 cal
The chocolate kids' smoothie - a small treat-sized cup with cocoa and milk.

CW Jr.
$3.99 (estimate)
240 cal
A kid-sized take on the Caribbean Way - strawberries, banana and papaya juice.

Lemon Twist Strawberry
$4.29 (estimate)
260 cal
The strawberry Lemon Twist in a kid-sized cup - tart citrus meets sweet berries.

Lil Angel
$3.99 (estimate)
190 cal
A kid-sized Angel Food - strawberries, banana and milk in a little cup.

Strawberry Bluegurt Blitz
$4.29 (estimate)
160 cal
Strawberries, blueberries and yogurt blended kid-style. The lightest kids' smoothie at 160 calories.

Strawberry Kiwi Breeze
$4.29 (estimate)
240 cal
Strawberries and kiwi in a kid-sized cup - a mini version of the classic breeze.

SMOOTHIE BOWLS

Acai Cocoa Haze Bowl
$11.99 (estimate)
630 cal
An acai bowl with a cocoa twist - rich, chocolatey and topped with fruit and granola.

Bee Berry Sting Bowl
$11.99 (estimate)
510 cal
Berries and honey over an acai base. Sweet with a honey drizzle and crunchy toppings.

Berry Goji Getaway Bowl
$11.99 (estimate)
540 cal
Berries and goji berries over an acai base with granola. A berry-heavy getaway in a bowl.

Coco Colada Bowl
$11.99 (estimate)
520 cal
Coconut and pineapple over a tropical base - a pina colada you eat with a spoon.

Coco Pitaya-Yah Bowl
$11.99 (estimate)
610 cal
Pitaya (dragon fruit) and coconut over a vivid pink base, topped with fruit and granola.

Go Coconuts Bowl
$11.99 (estimate)
570 cal
Coconut-forward bowl with fruit and crunchy toppings over an acai base.

Go Go Goji Crunch Bowl
$11.99 (estimate)
550 cal
Strawberries, blueberries and goji berries over an acai base, with a honey drizzle and Purely Elizabeth granola.

High Protein Greek Yogurt Honey Berry Bowl
$11.99 (estimate)
440 cal
Greek yogurt, honey and berries over an acai base. The lightest bowl on the menu, with extra protein from the yogurt.

High Protein Greek Yogurt PB Banana Bowl
$11.99 (estimate)
600 cal
Greek yogurt, peanut butter and banana over an acai base. Protein-packed and filling.

Hive Five Bowl
$11.99 (estimate)
540 cal
A honey-forward bowl with fruit and granola over an acai base.

PB Delight Bowl
$11.99 (estimate)
590 cal
Peanut butter, banana and granola over an acai base. A PB lover's bowl.

PB Swizzle Bowl
$11.99 (estimate)
610 cal
Peanut butter swirled through an acai base with banana and granola.

POWER EATS (FOOD)

POWER EATS (FOOD) (CONTINUED)

Chicken Bites
$6.49 (estimate)
140 cal
Grilled chicken bites with 20g of protein. Served with your choice of Boom Boom, Ranch or BBQ sauce.

Chicken Chipotle Flatbread
$6.49 (estimate)
270 cal
Grilled chicken on flatbread with chipotle sauce. 15g of protein in a quick, warm bite.

Chicken Flatbread - No Sauce
$6.49 (estimate)
210 cal
Grilled chicken on flatbread, plain. 15g of protein and the lightest flatbread option.

Chicken Pesto Flatbread
$6.49 (estimate)
240 cal
Grilled chicken on flatbread with pesto sauce. 15g of protein, herby and warm.

Chicken Ranch Flatbread
$6.49 (estimate)
240 cal
Grilled chicken on flatbread with ranch sauce. 15g of protein, the crowd-pleaser of the flatbreads.

Egg & Avocado Signature Toast
$8.49 (estimate)
430 cal
Egg and avocado on toast - the signature breakfast toast, and the priciest food item on the menu.

Egg Clouds - Turkey Bacon
$6.49 (estimate)
260 cal
Fluffy egg clouds with turkey bacon. A light, protein-rich breakfast bite.

Egg Clouds - Turkey Sausage
$6.49 (estimate)
240 cal
Fluffy egg clouds with turkey sausage. A light, protein-rich breakfast bite.

Egg Clouds - Veggie
$6.49 (estimate)
230 cal
Fluffy egg clouds with veggies. The lightest of the egg clouds.

Loaded Avocado Toast
$6.49 (estimate)
350 cal
Avocado toast, loaded. A filling savory option with healthy fats.

Loaded Chocolate Hazelnut Toast
$6.29 (estimate)
390 cal
Chocolate hazelnut spread on toast with toppings. A sweet, indulgent toast.

Loaded Peanut Butter Toast
$5.99 (estimate)
440 cal
Peanut butter toast, loaded with toppings. The most filling toast on the menu.

Protein Box - Eggs & Cheese
$6.99 (estimate)
440 cal
A grab-and-go box with eggs and cheese. Protein-packed and ready to eat - also listed under Grab & Go Snacks on the official site.

Protein Box - Peanut Butter & Fruit
$6.99 (estimate)
470 cal
A grab-and-go box with peanut butter and fruit. Also listed under Grab & Go Snacks on the official site.

SEASONAL & LIMITED TIME

Festive Cherry
$6.99 (estimate)
Calories not published
A winter seasonal (Winter Sips lineup): tart cherries, dates, almond butter and cinnamon. No official calorie figure is published; a delivery menu lists a 410-830 range by size, which is too wide to publish as a figure.

GRAB & GO

Alani Nu Energy - Pink Slush
Price varies (estimate)
Calories not published
Alani Nu energy drink in Pink Slush flavor. A third-party packaged drink - calories and price vary by package; check the can label.

Alani Nu Energy - Sherbert Swirl
Price varies (estimate)
Calories not published
Alani Nu energy drink in Sherbert Swirl flavor. A third-party packaged drink - check the can label for nutrition.

Alani Nu Energy - Strawberry Sunrise
Price varies (estimate)
Calories not published
Alani Nu energy drink in Strawberry Sunrise flavor. A third-party packaged drink - check the can label for nutrition.

CELSIUS - Peach Vibe
Price varies (estimate)
Calories not published
CELSIUS energy drink in Peach Vibe flavor. A third-party packaged drink - check the can label for nutrition.

CELSIUS Sparkling Orange
Price varies (estimate)
Calories not published
CELSIUS energy drink in Sparkling Orange flavor. A third-party packaged drink - check the can label for nutrition.

CELSIUS - Tropical Vibe
Price varies (estimate)
Calories not published
CELSIUS energy drink in Tropical Vibe flavor. A third-party packaged drink - check the can label for nutrition.

Smoothie King Bottled Water - 1L
$2.99 (estimate)
Calories not published
Bottled water, 1 liter. Zero calories, but listed as null here because it is a packaged Grab & Go item with no Smoothie King nutrition entry.

Smoothie King Bottled Water - 16.9 fl oz
$1.99 (estimate)
Calories not published
Bottled water, 16.9 fl oz. Zero calories, but listed as null here because it is a packaged Grab & Go item with no Smoothie King nutrition entry.

Barebells Protein Bar - Chocolate Dough
Price varies (estimate)
Calories not published
Barebells protein bar in Chocolate Dough flavor. A third-party packaged snack - check the wrapper for nutrition.

Barebells Protein Bar - Cookies & Caramel
Price varies (estimate)
Calories not published
Barebells protein bar in Cookies & Caramel flavor. A third-party packaged snack - check the wrapper for nutrition.

GRAB & GO (CONTINUED)

Barebells Protein Bar - Creamy Crisp
Price varies (estimate)
Calories not published
Barebells protein bar in Creamy Crisp flavor. A third-party packaged snack - check the wrapper for nutrition.

Ostrim Beef & Ostrich Stick - Habanero
Price varies (estimate)
Calories not published
Ostrim beef and ostrich meat stick in Habanero flavor. A third-party packaged snack - check the wrapper for nutrition.

Ostrim Beef & Ostrich Stick - Original
Price varies (estimate)
Calories not published
Ostrim beef and ostrich meat stick in Original flavor. A third-party packaged snack - check the wrapper for nutrition.

Ostrim Beef & Ostrich Stick - Teriyaki
Price varies (estimate)
Calories not published
Ostrim beef and ostrich meat stick in Teriyaki flavor. A third-party packaged snack - check the wrapper for nutrition.

Quest Tortilla Style Protein Chips - Chili Lime
Price varies (estimate)
Calories not published
Quest protein tortilla chips in Chili Lime flavor. A third-party packaged snack - check the bag for nutrition.

Quest Tortilla Style Protein Chips - Loaded Taco
Price varies (estimate)
Calories not published
Quest protein tortilla chips in Loaded Taco flavor. A third-party packaged snack - check the bag for nutrition.

Quest Tortilla Style Protein Chips - Salsa Verde
Price varies (estimate)
Calories not published
Quest protein tortilla chips in Salsa Verde flavor. A third-party packaged snack - check the bag for nutrition.

Smoothie King Banana Chips
$4.19 (estimate)
Calories not published
Smoothie King branded banana chips. A packaged snack - check the bag for nutrition.

Smoothie King Dark Chocolate Cashews
$5.49 (estimate)
Calories not published
Smoothie King branded dark chocolate cashews. A packaged snack - check the bag for nutrition.

Smoothie King Milk Chocolate Almonds
$4.99 (estimate)
Calories not published
Smoothie King branded milk chocolate almonds. A packaged snack - check the bag for nutrition.

Smoothie King Yogurt Pretzels
$4.19 (estimate)
Calories not published
Smoothie King branded yogurt-covered pretzels. A packaged snack - check the bag for nutrition.

Smoothie King Yogurt Trail Mix
$4.19 (estimate)
Calories not published
Smoothie King branded yogurt trail mix. A packaged snack - check the bag for nutrition.