

# "Create your Own" Salad Bar

Romaine, spring mix and 26 salad toppings including garden fresh veggies, turkey, cheeses, and your choice of seven salad dressings!

**Monday - Friday**  
**11:00 am - 4:00 pm**

**\$5.99/lb (.37/oz)**



**"BEYOND DELICIOUS AND INCREDIBLY NUTRITIOUS"**

Beach City Smoothies is locally owned and operated by Mary Jacobson and her daughter, Jamie. We believe in bringing you the healthiest, best tasting smoothies you'll ever experience, along with a variety of healthy eats.

Our 100% pure fruit smoothies are packed with nutrients and only the finest fully matured vine ripened fruit and fruit juices. Our 24 oz smoothies pack the power of 5/4 servings of fruit with no added sugar or dairy!

Our famous Acai fruit bowls are amazing in both taste and nutrition! They are loaded with antioxidants, omega 6 and 9 essential fatty acids, protein, fiber & more.

Here's to your health and happiness ... See you soon!

594 Carlsbad Village Drive  
Carlsbad, CA 92008  
FREE PUBLIC PARKING

Corner of Carlsbad Village Drive & Roosevelt Street  
(760) 729-0011

CALL AHEAD ORDERS WELCOME

04/10

BOOST YOUR DAY  
THE BEACH CITY WAY!

FREE WI-FI

# Beach City SMOOTHIES

## MENU

100% PURE FRUIT SMOOTHIES

FRESH VEGETABLE JUICE

ACAI FRUIT BOWLS

GOURMET STUFFED PRETZELS

SALAD BAR (MON-FRI 11AM-4PM)

MATCHA GREEN TEA/CHAI TEA

ICED & BLENDED COFFEE & TEA

FRESH-BREWED HOT COFFEE/TEA

HEALTHY SNACKS

GIFT CERTIFICATES



100% FRUIT  
100% HEALTHY

# Tropical Smoothies

All Fruit Smoothies are 16 & 24 oz **3.95/4.95**

## Pismo Pineapple (our Piña Colada)

Pineapple, coconut, banana & juice

## Strawberry Colada

Pineapple, strawberry, coconut, banana & juice

## Mango Tropics

Mango, pineapple, banana & juice

## Moonlight Beach Mango

Mango, strawberry, pineapple, banana & juice

## Strawberry Peach Mango Tango

Strawberry, banana, peach, mango & juice

## Forbidden Fruit

White & pink Guava, passion fruit & OJ

# Berry Smoothies

**3.95/4.95**

## Surf's Up Strawberry

California strawberries & juice

## Strawberry Banana

Strawberries, banana & juice

## Strawberry Sunrise

Strawberries, banana & OJ

## Blueberry Bay

Blueberries, banana & juice

## Pacific Northwest Berry

Boysenberries, blackberries & juice (no seeds!)

ADD  
NONFAT  
VANILLA  
YOGURT  
OR SOYMILK  
TO ANY  
SMOOTHIE FOR  
50¢

OUR 100% PURE FRUIT SMOOTHIES ARE  
BLENDED WITH APPLE & WHITE GRAPE JUICE

# Very Berry Smoothies

**3.95/4.95**

## Acai (Ah-sigh-ee) Plus

Acai, blackberries, blueberries, pomegranate & juice

## Berry Smooth Acai

Acai, blackberries, blueberries, pomegranate, banana & juice

## Venice Four Berry

Raspberries, strawberries, blackberries, blueberries & juice

## Berry Banana

Raspberries, strawberries, blackberries, blueberries, banana & juice

Acai is a  
Brazilian natural  
energy berry  
loaded with  
antioxidants.  
Omegas 6 & 9.  
fiber and protein

# More Fruit Smoothies

**3.95/4.95**

## Pacific Peach

Peach, pear and apricot & juice

## Life's A Peach

Peach, pear, apricot, banana & juice

## Peach Paradise

Peach, pear, apricot, strawberry & juice

## La Jolla Lemonade

Refreshing lemonade smoothie

## Sunrise Lemonade

Strawberry lemonade smoothie

## Beach'n Blend

Combine your favorites for a custom smoothie (MAYBE ... FORBIDDEN FRUIT & SURF'S UP STRAWBERRY OR ?)

# Creamy Smoothies

**3.95/4.95**

## Orange Breeze

Orange, banana & vanilla (TASTES LIKE A 50/50 BAR!)

## Chocolate Freeze

Rich creamy chocolate blended with yogurt

## PB Banana

Peanut butter, banana, chocolate & yogurt

## PB and J

(Peanut Butter & Jelly)  
Strawberries or boysenberries and blackberries blended with peanut butter & yogurt

**4.45/5.45**

# Beach City Extras

## Boosts

ONE INCLUDED, EXTRAS 50¢

### BONE BUILDER

Calcium Complex

### BRAIN POWER

Ginkgo Biloba

### BUZZER

Bee Pollen Powder

### ENERGY

Ginseng

### FAT BURNER

Chromium Picolinate

### IMMUNITY

Zinc • Echinacea • Vitamin C

### SOY PROTEIN

### VITAMIN C

### VITAMIN & MINERAL

## Super Boosts

\$1.00

### DOCTOR'S GARDEN

Our phyto-nutrient blend of 30 raw, natural complex vitamins, minerals & 19 amino acids

### WHEY PROTEIN

10 grams of Vanilla Whey

## Extras ... 50¢

YOGURT • SOYMILK • HONEY  
MORE FRUIT • COCONUT  
GRANOLA • PEANUT BUTTER  
TORANI FLAVORED SYRUPS  
WHIPPED CREAM  
(INCLUDED ON BLENDED COFFEES/TEAS)

# Iced Blended Coffee/Tea

## Chiller Coffee Smoothie **20oz 4.25**

Blended Mocha, Coccaccino or Vanilla Latte

## Arctic Chai Smoothie

Blended Spiced Chai or Vanilla Chai tea

## Iced Coffee/Tea **20oz 2.25**

Any of our fresh brewed coffees/teas over ice

## Matcha Green Tea Smoothie **20oz 4.45**

Matcha GT™ blended with yogurt & soymilk

## Matcha Energy Shots **1.95/2.95**

Single or Double shot of Matcha GT™ shaken with ice and your choice of 4 oz soymilk or OJ

# Acai Fruit Bowls

## Rio Energy Bowl **4.25/6.50**

Brazilian Acai berry sorbet topped with granola, bananas & honey

## Beach City Bowl **4.95/7.45**

Acai sorbet topped with granola, banana, mango, strawberries, blackberries, honey & coconut

## Bahia Berry Bowl **4.95/7.45**

Acai sorbet topped with granola, bananas, strawberries, blueberries, blackberries & honey

## Cocoa Beach Bowl **4.75/7.25**

Acai sorbet topped with granola, bananas, strawberries & chocolate sauce

# Hot Drinks

## Coffee **12 & 16 oz sizes 1.75/2.25**

Great selection of regular, decaf, organic & flavored roasts. Brewed fresh by the cup!

## Tea **1.75/2.25**

Choice of black or green freshly brewed tea

## Chai Tea **2.75/3.25**

Choice of a creamy Spiced or Vanilla Chai Tea

## Hot Chocolate **1.50/1.95**

Delicious and creamy, topped with whipped cream

# Fresh Veggie Juice

All Juices are 12 oz

## Beach Body **4.50**

Carrot, celery, cucumber, spinach, parsley, beet and apple

## Carrot Juice **3.00**

Organic carrot

## Juicy 1 **3.50**

Apple, celery and carrot

## Juicy 2 **3.50**

Celery, beet and carrot

## Juicy 3 **3.50**

Cucumber, beet and carrot

## Juicy 4 **3.50**

Celery, cucumber and carrot

# Gourmet Pretzels

Stuffed **3.45**



Cheddar Jalapeno



Cream Cheese



Grilled Cheese



Bavarian



Mozzarella Pizza



Spinach Feta



Apple Cinnamon

**Bavarian 2.30**