



# TRAN ZEN DENTAL

## Smoothie Menu

### Blueberry Smoothie

Organic blueberries, banana, spinach, chia seeds, whey protein powder, sugar free almond milk and ice.

(Substitute Coconut Water)

### Mixed Berry Smoothie

Fresh strawberries, organic blueberries, banana, whey protein powder, flaxseed, sugar free almond milk and ice

(Substitute Coconut Water)

### Tropical Smoothie

Fresh pineapple, watermelon, coconut water, spinach, organic blueberries, apple and ice.

(Substitute Coconut Water)

