

Fat Loss
Meal Replacement Smoothies

Basic Fruit Blends \$6.25

Strawberry, Strawberry Banana, Strawberry
Lemonade, Very Berry, Blue Banana, Mango Tango,
Pineapple Lemonade, Pineapple Express,
Pink Lemonade, Jungle Juice, Pina` Colada
Served with cream 342 Calories
51g carbs & 0 fat

Basic Cafe Blends \$6.25

Milk Chocolate Mocha, Lots of Chocolate,
Ja` Mocha, Lotta Latte, Vanilla Bean, Vanilla
Chai, Peppermint Ice, Peppermint Mocha
Served with cream 330 Calories
51g carbs & 0 fat

Premium Blends \$6.90

Banana Nut, Choco Nut, Monkey Business,
Chocolate Thunder, Lady Marmalade, Caramel
Apple, Chocolate Covered Strawberry,

Muscle Builder \$7.25

Gorilla Man, Incredible Bulk,
Berry Big, Abominable Snow Man

Hot Stuff \$3.50

Cafe Mocha, Cafe Latte, Chai Tea, Hot Chocolate

- Weight Gainer \$1.50
- Vitamins Wheat Grass
- Bee Pollen Peanut Butter
- Extra Protein Fiber
- Fat Burner Hair/Nails
- Creatine Joint Flex

Additives \$.55

Low Carb Options

Have any of our delicious sandwiches or salads on our low carb wrap,
to experience all the great taste, without all the carbs!

Add fresh spinach to your favorite smoothie and reap the benefits of a
drink packed with nutrients!

Make any sandwich kid friendly and have it the Ava way.
Mayo and Cheese only



Dine In or Carry Out

Monday - Friday
10:30am - 3:00pm
1010 North Dudney
Magnolia, Arkansas
870-234-3488

We Cater