



frozen all natural smoothies

## STRAIGHT UP FRUIT \$4.19

pick one or mix & match flavors below

**straight "A" | 340 cal.**

strawberry

**four point oh | 350 cal.**

strawberry, banana

**kacey's favorite | 320 cal.**

wildberry

**brain freeze | 340 cal.**

strawberry, mango

## FRUIT AND YOGURT \$4.19

ice cream can be substituted for yogurt

**like, seriously | 330 cal.**

wildberry, yogurt

**brainiac | 290 cal.**

orange juice, mango, yogurt

**lakeside | 350 cal.**

banana, strawberry, yogurt

## KEUKA LAKE SHAKES \$4.19

vanilla • chocolate • strawberry | 390 cal.

## WOLF ENERGY \$4.89

**choose your fruit flavor**

we'll blend it with our energy drink for the burst of energy you need

**frozen or iced | 390 cal.**



KEUKA COLLEGE

*Believe in What We Can Do Together*

\*2000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutritional information available upon request.