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| High protein selection sandwiches | \$8.99 |
| CURRY CHICKEN BREASTwith a curry sauce mango chutney wrap, avocado, tomatoes brie cheese, onion ,pepper and lettuce |  |
| TERIYAKI LEAN STEAK Gluten Free wrap sautéed mushroom, horseradish, provolone cheese, spinach and tomatoes |  |
| CHICKEN PASTO SALAD cranberry apple, celery and walnut |  |
| SOUP AND SALAD \$12.99 |  |
| Seafood selection | \$8.99 |
| SEAFOOD SALAD ... green onion, celery, real crab meat salmon and shrimp |  |
| PARMESAN TUNA SALAD ... lettuce, celery, pickle and tomatoes |  |
| Vegetarian sandwiches | \$8.99 |
| Hummus Paste ... Gluten Free wrap lettuce, tomatoes, sautéed mushroom ,brie cheese spinach leave ,olive ,pepper and red onion |  |
| Beans Paste Gluten Free wrap lettuce, tomatoes, sautéed mushroom ,brie cheese spinach leave ,olive ,pepper and red onion |  |
| Vegetarian Burger veg burger Multigrain bun Swiss Cheese, tom, lettuce |  |
| PLATTERS OF SANDWICHES AND WRAP FOR PARTIES AND BANKQUETS. CALL A DAY AHEAD |  |
| Platter for.... 25 people | \$ 224.75 |
| Platter for.... 50 people | \$ 449.75 |



117 Herald court * unit 1111
Punta Gorda * FL 33950
www.freshpowersmoothies.com

Phone # (941) 505-8815
*shaneeza@freshpowersmoothies.com *



Two Steps to Live Healthy: Eat and Drink right, with all organic/natural, Gluten free and Wheatgrass Food and Drink.

Call in and order: Phone # (941) 505-8815

Come in and order: 117 Herald Court unit 1111
Punta Gorda, FL 33950

Opening Hours: Monday - Friday
8:30am to 5:00pm
Saturday 8:00am till 2:00 pm
Closed on Sunday

Serving Breakfast, Lunch and early afternoon Snack till 5:00 pm

Ask for the daily special!



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| Gourmet coffee |  |
| Colombia, Jamaica, Cuban, French | \$ 3.00 |
| Ice coffee | \$3.50 |
| Organic hot tea | |
| Regular | \$ 2.10 |
| Decaf | \$ 1.99 |
| Hot coco | \$3.99 |
| Beverages | |
| Pure leaf sweeten ice tea | \$3.00 |
| Unsweet Organic jasmine green tea | \$ 3.50 |
| Perrier water | \$2.50 |
| Organic Green tea latte | \$3.75 |
| Pure natural spring bottle water | \$1.75 |
| Breakfast | |
| Fresh banana | \$1.25 |
| Fresh orange | \$1.25 |
| Fresh apple | \$1.25 |
| Orange cranberry bread | \$2.75 |
| Light and healthy Breakfast bar | \$ 4.99  |
| Bagel with cream cheese | \$ 3.99  |
| All Fresh fruits with plain natural Greek yogurt and Granola | \$ 5.99  |
| Organic Gluten free almond ,pecan coconut raisin and cho cookies | \$2.50  |

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| Start your day with a power smoothies* less than 300 calories | \$.8.99 |
| Blue berry, cottage cheese chai seed, almond milk, vanilla, coffee, cinnamon Banana, raw oatmeal, honey, Greek yogurt orange juice and pine apple |  |
| Let Build together your own Smoothies of your choice of Fruits, Veg etc. | \$7.25 |
| Banana, pineapple, blue berry, Strawberry, mango, papaya, yogurt, oatmeal, cottage cheese, protein powder, milk, juice, vegetables, coco powder, cookies |  |
| Fat burning weight watcher 250 calories smoothies | \$7.25 |
| Blue berry, flax seed ,almonds nut, pine apple, spinach, broccoli and almond milk |  |
| Happy creamery flirt smoothies like dessert in a cup | \$6.00 |
| Ice cream, coco, cookies, chocolate sauce, milk,, vanilla, cinnamon, honey and banana |  |
| One day detoxing juice cleanser smoothies | \$7.25 |
| Cucumber , lettuce, kale, lime juice, celery, apple, apple cider vinegar, ginger, lemon juice, and grape fruits juice |  |
| 16oz vegetables smoothies \$8.99 | |
| Spinach, apple, cucumber, kale ,pine apple, wheatgrass ,kale ,lemon ,ginger |  |
| Dell-icious vegetables juicing | |
| Dill, Spinach, kale, cucumber, ginger, apple, lemon, carrots, broccoli |  |

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| Before and after shake workout combat strength body building muscle, losing fat smoothies. High in protein | \$8.00 |
| Flax seed, protein power, B plus victim peanut butter mango, papaya, pine apple, coconut milk, banana, vanilla, cinnamon, and almond nut |  |
| ALL SANDWICHES SERVED ON YOUR CHOICE OF BREAD AND WRAP with a side dish of multi grain pasta salad |  |
| Multigrain Croissant, Rye , Wheat, Multigrain bread Multigrain bun, spinach and whole wheat wrap |  |
| ALL COLDS CUTS SELECTION | \$8.99 |
| Smoked Turkey ,lettuce, tomatoes, provolone cheese, onion, pepper, and pickles |  |
| A wreck sandwich, salami, roast beef, smoke Turkey, ham, Swiss cheese, tomatoes, lettuce, and pickles |  |
| Ham and Swiss cheese, lettuce, tomatoes, pickles, onion and pepper, |  |
| Roast beef, lettuce, tomatoes, onion, pickles and horseradish |  |
| Salami , provolone cheese, tomatoes, pickles, onion, lettuce and pepper |  |
| Ruben sandwich ,Rye bread corn beef Swiss cheese and Sauerkraut |  |

