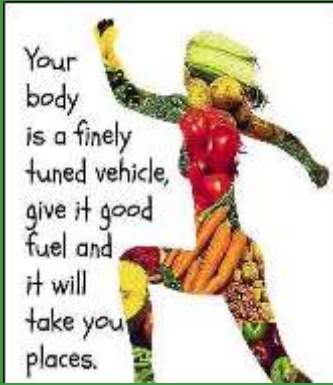


<b>High protein selection sandwiches</b>	
CHICKEN BREAST ....with a curry sauce mango chutney wrap, avocado, tomatoes brie cheese, onion ,pepper and lettuce	\$8.90
TERIYAKI LEAN STEAK .... <b>Gluten Free</b> wrap sautéed mushroom, horseradish, provolone cheese, spinach and tomatoes	\$ 9.50
CHICKEN PASTO SALAD.....raisin apple ,celery and walnut	\$8.99
SOUP AND SALAD	\$12.25
<b>Seafood selection</b>	
SEAFOOD SALAD..... green onion, celery, real crab meat salmon and shrimp	\$ 8.99
PARMESAN TUNA SALAD.....lettuce, celery, pickle and tomatoes	\$8.25
<b>Vegetarian sandwiches</b>	
Beans Paste ..... <b>Gluten Free</b> wrap lettuce, tomatoes, sautéed mushroom ,brie cheese spinach leave ,olive ,pepper and red onion	\$ 7.99
HUMMUS WRAP .... <b>Gluten Free</b> avocado, tomatoes, brie cheese ,cucumber, olive, pepper ,lettuce and red onion	\$ 7.99
<b>PLATTERS OF SANDWICHES AND WRAP FOR PARTIES AND BANKQUETS. CALL A DAY AHEAD</b>	
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  
 \*Facebook



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  
 (941) 740-2455  
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 Punta Gorda, FL 33950

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

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

Ask for the daily special!



<b>Gourmet coffee</b>	
Colombia, Jamaica, Cuban, French	\$ 3.00
<b>Organic hot tea</b>	
Regular	\$ 2.10
Decaf	\$ 1.99
<b>BEVERAGE</b>	
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
<b>Breakfast</b>	
Fresh banana	\$1.25
Fresh orange	\$1.50
Fresh apple	\$1.50
Orange cranberry bread	\$2.75
Light and healthy Breakfast bar	\$ 4.99
Croissant sandwich.....all natural turkey patty, tomatoes, lettuce and provolone cheese	\$ 6.25
All Fresh fruits.....with plain natural Greek yogurt and Granola	\$ 5.99
Organic chocolate chip coconut pecan cookies	\$2.00
<b>Vegetables 16 oz juice</b>	
spinach, apple ,cucumber ,kale, pine apple lemon and ginger and wheatgrass	

<b>16 oz Smoothies- with wheatgrass</b>	
<b>Start your day with a power smoothies* less than 300 calories</b>	\$ 6.99
Blue berry, cottage cheese chai seed, almond milk, vanilla,coffee , cinammon	
Banana ,raw oatmeal, honey, Greek yogurt orange juice and pine apple	
<b>Let Build together your own Smoothies of your choice of Fruits, Veg etc.</b>	\$7.25
Banana, pineapple, blue berry ,	
Strawberry, mango, papaya, yogurt, oatmeal, cottage cheese, protein powder, milk, ,juice, vegetables, coco powder ,cookies	
<b>Fat burning weight watcher 250 calories smoothies</b>	
blue berry, flax seed ,almonds nut , pine apple, spinach, broccoli and almond milk	
<b>Happy creamery flirt " smoothies like dessert in a cup</b>	
Ice cream, coco, cookies, chocolate sauce, milk,, vanilla, cinnamon, honey and banana	\$6.00
<b>Dill-icious fresh from vegetables juice from the juicer</b>	\$8.99
Carrots, dill, celery, pine apple, green apple, broccoli, kale lemon juice ,cucumber and ginger	

<b>One day detoxing juice cleanser smoothies</b>	
Cucumber , lettuce, kale, lime juice, celery, apple, apple cider vinegar, ginger, lemon juice, and grape fruits juice	\$7.25
<b>Before and after shake workout combat strength body building muscle, losing fat smoothies. High in protein</b>	\$8.00
Flax seed, protein power, B plus victim, mango, papaya, pine apple, coconut milk, banana, vanilla, cinnamon, and almond nut	
<b>ALL SANDWICHES SERVED ON YOUR CHOICE OF BREAD AND WRAP</b>	
Multigrain Croissant, Rye , Wheat, Multigrain bread	
Spinach and whole wheat wrap	
<b>All colds cuts selection</b>	
Smoked Turkey ,lettuce, tomatoes, provolone cheese, onion, pepper, and pickles	\$8.99
A wreck sandwich, salami, roast beef, smoke Turkey, ham, Swiss cheese, tomatoes, lettuce, and pickles	\$9.50
Ham and Swiss cheese, lettuce, tomatoes, pickles, onion and pepper,	\$8.99
Roast beef, lettuce, tomatoes, onion, pickles and horseradish	\$8.99
Salami , provolone cheese, tomatoes, pickles, onion, lettuce and pepper	\$8.99

