



FUELING YOUR ADVENTURES

HOW IT WORKS:

① SELECT YOUR SMOOTHIE & SIZE

16 OZ | 32 OZ

② PICK YOUR PROTEIN TYPE

WHEY PROTEIN | PEA PROTEIN (+ 25 CENTS)

BOTH SIZES CONTAIN 1 SCOOP PROTEIN

③ CHOOSE YOUR ADD-ONS

EXTRA PROTEIN SCOOP	1.00	Per Scoop
EXTRA PEA PROTEIN SCOOP	1.25	Per Scoop
COLLAGEN PROTEIN	1.00	Per Scoop
FRUITS & GREENS	.25	Per Scoop
SUPERFOOD	0.75	Per Scoop
CHAGA	1.00	Per Serving
MCT OIL	1.00	Per Serving
CAFFEINE	0.25	Per Serving
GLUTAMINE	0.75	Per Serving
CREATINE	0.50	Per Serving
PB2	0.25	Per Serving
MULTI-VITAMIN	0.50	Per Serving
VITAMIN B COMPLEX	0.25	Per Serving

ALL SMOOTHIES CAN BE MADE WITH H2O
ALMOND, OR COCONUT MILK

ORDER AHEAD

🌐 mqtnutrition.co

📞 (906) 273-0935

716 N. 3RD ST, MARQUETTE, MI 49855

SCAN
ME



FOR NUTRITION
FACTS ON EVERY
SMOOTHIE

ALL SMOOTHIES CAN ALSO BE FOUND IN
MY FITNESS PAL

FRUITY PROTEIN SMOOTHIES

DELICIOUS BLENDS OF YOUR FAVORITE FRUITS PLUS PROTEIN

TROPICAL \$6|9

WATER, VANILLA PROTEIN, SPINACH, AVOCADO, PINEAPPLE, MANGO

STRAWBERRY BANANA \$5|8

ALMOND MILK, VANILLA PROTEIN, STRAWBERRIES, BANANAS, HONEY

BERRY \$5|8

ALMOND MILK, VANILLA PROTEIN, STRAWBERRIES, BLUEBERRIES,
RASPBERRIES, BLACKBERRIES, HONEY

PINA COLADA \$5|8

ALMOND MILK, VANILLA PROTEIN, PINEAPPLE, BANANA, COCONUT

DREAMSICLE \$7|10

ALMOND MILK, VANILLA PROTEIN, PINEAPPLE, MANGO, BANANA, FRESH
ORANGE | VANILLA

STRAWBERRY LEMONADE \$5|8

ALMOND MILK, VANILLA PROTEIN, STRAWBERRIES, LEMON, VANILLA,
SEA SALT

TURMERIC SUNRISE \$7|10

ALMOND MILK, VANILLA PROTEIN, MANGO, BANANA, LEMON, TURMERIC,
GINGER

GREEN PROTEIN SMOOTHIES

NUTRITIOUS BLENDS OF FRUIT, GREENS, SUPERFOODS AND PROTEIN

SUPER HUMAN HEALTH \$7|10

WATER, VANILLA PROTEIN, SPINACH, AVOCADO, BANANA, APPLE,
BERRIES, ALMOND BUTTER, GINGER, FLAX, CHIA, CINNAMON,
SEA SALT

BLUE VELVET \$6|9

ALMOND MILK, VANILLA PROTEIN, BLUEBERRIES, SPIRULINA,
ALMOND BUTTER, WHEATGRASS, VANILLA EXTRACT

HEART BEET \$7|10

ALMOND MILK, VANILLA PROTEIN, SPINACH, BERRIES, BEETS,
VANILLA EXTRACT, ALMOND BUTTER, LEMON, SPIRULINA

CLEANSE SMOOTHIES

ENERGIZING FRUITS, GREENS, SUPERFOODS, CITRUS - THAT'S IT.

PURPLE POWERHOUSE \$6|9

ALMOND MILK | BANANA | MIXED BERRIES | ACAI

SUNKISSED SMOOTHIE \$6|9

H2O | PINEAPPLE | MANGO | BANANA | LEMON | SPINACH | COCONUT

ULTIMATE DETOX SMOOTHIE \$7|11

H2O | BLUEBERRIES | BANANA | MANGO | LEMON | HONEY
DULSE | SPIRULINA | BARLEY GRASS | CILANTRO

CHECK OUT OUR MONTHLY SPECIALS, BOWLS, PARFAITS, MEALS AND FRESH PRESSED JUICES!



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SMOOTHIE BOWLS

BLENDED, SERVED IN A BOWL, TOPPED WITH FRESH FRUIT, SEEDS, AND HOMEMADE GRANOLA.

ACAI BOWL \$8.5

MIXED BERRIES, BANANA, ACAI, ALMOND MILK, STEVIA
TOPPED WITH: FRESH STRAWBERRIES, BLUEBERRIES, BANANAS, AND HOMEMADE GRANOLA

MERMAID BOWL \$8.5

BANANA, PINEAPPLE, MANGO, ALMOND MILK, COCONUT EXTRACT, BLUE SPIRULINA
TOPPED WITH: COCONUT SHREDS, FRESH BLUEBERRIES, BANANAS, AND HOMEMADE GRANOLA

CHOCOLATE ALMOND SMOOTHIE BOWL \$8.5

BANANA, CHOCOLATE PROTEIN, COCOA POWDER, ALMOND MILK, ALMOND BUTTER, VANILLA, STEVIA
TOPPED WITH: FRESH STRAWBERRIES, BANANAS, CHIA SEEDS, & HOMEMADE GRANOLA

BLUEBERRY APPLE CRISP BOWL \$8.5

ALMOND MILK, VANILLA PROTEIN, APPLE, BANANA, BLUEBERRY, CINNAMON, SF MAPLE SYRUP
TOPPED WITH: FRESH BLUEBERRIES, APPLE, CINNAMON, CHIA SEEDS & HOMEMADE GRANOLA

JAVA BOWL \$8.5

ALMOND MILK, VANILLA PROTEIN, COFFEE, CHIA SEEDS, PB2, MAPLE, BANANA, GREEK YOGURT. **TOPPED WITH:** GRANOLA, CHIA SEEDS, BLUEBERRIES, CHOCOLATE CHIPS



**BRING YOUR OWN CUP AND
SAVE 25 CENTS ON YOUR SMOOTHIE!**

DECADENT PROTEIN SMOOTHIES

TASTY PROTEIN BLENDS DESIGNED TO FUEL YOUR GYM GAINS AND SATISFY YOUR SWEET TOOTH

BUTTERFINGER \$5|8

ALMOND MILK, VANILLA PROTEIN, PEANUT BUTTER BUTTERSCOTCH CHIPS, SEA SALT, POWER CRUNCH SALTED CARAMEL BAR

REESES PEANUT BUTTER CUP \$5|8

ALMOND MILK, CHOCOLATE PROTEIN, COCOA POWDER, PEANUT BUTTER, CARAMEL EXTRACT, BUTTERSCOTCH CHIPS, OATS

CHOCOLATE PEANUT BUTTER BANANA \$5|8

ALMOND MILK, CHOCOLATE PROTEIN, BANANA, COCOA POWDER, PEANUT BUTTER

CHOCOLATE CHIP COOKIE DOUGH \$5|8

ALMOND MILK, VANILLA PROTEIN, OATS, CHIA, PEANUT BUTTER, VANILLA AND BUTTER EXTRACT, CHOCOLATE CHIPS, SEA SALT

MAJOR GAINZ (GAINER SMOOTHIE) \$6|9

ALMOND MILK, VANILLA PROTEIN, BANANA, PEANUT BUTTER, CHOCOLATE CHIPS, HONEY, OATS

THE LIL MAMA & THE BIG DADDY \$6|9

ALMOND MILK, VANILLA PROTEIN, BERRIES, OATS, PEANUT BUTTER, GREEK YOGURT, HONEY

SINLESS CINNAMON ROLL \$5|8

ALMOND MILK, VANILLA PROTEIN, ALMOND BUTTER, CINNAMON, PUMPKIN PIE SPICE, VANILLA, STEVIA

BLUEBERRY MUFFIN \$6|9

ALMOND MILK, VANILLA PROTEIN, BLUEBERRIES, BANANA, OATS, CINNAMON, BUTTER EXTRACT, SEA SALT

PICK-ME-UP PROTEIN SMOOTHIES

CAFFEINE, PROTEIN, A LITTLE FRUIT, A BIT OF GREEN

HERO'S GARDEN \$7|10

ALMOND MILK, VANILLA PROTEIN, SPINACH, **MATCHA**, SPIRULINA, FLAX, PINEAPPLE, MANGO

VANILLA LATTE SMOOTHIE \$5|8

ALMOND MILK, VANILLA PROTEIN, BANANA, ALMOND BUTTER **INSTANT COFFEE**, SEA SALT, VANILLA

SEA SALT CARAMEL MOCHA \$5|8

ALMOND MILK, CHOCOLATE PROTEIN, **INSTANT COFFEE**, COCOA POWDER, SEA SALT, AVOCADO, CARAMEL EXTRACT

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