



888-350-9516

<http://www.nashvilledelivers.com>

# Smoothie King in Brentwood

## Food Allergies

**Please note that the Smoothie King facility uses milk, peanuts, tree nuts, and eggs. Cross contamination may occur.**

## Stay Slim

**Blended to help you slim down, lighten up or reduce calories as part of a sensible diet and exercise plan**

### Angel Food Slim

220-430 Calories Strawberries, Bananas, Pear Juice Blend, Protein Blend, Stevia Plant-Based Sweetener Allergens: Protein Blend (Egg, Milk)

### Greek Yogurt Pineapple Mango

280-570 Calories Bananas, Pineapples, Mangoes, Greek Nonfat Yogurt, Apple Pineapple Juice Blend, Pear Passion Fruit Juice Blend, Nonfat Milk, Protein Blend, Fiber Blend Enhancer Allergens: Greek Nonfat Yogurt (milk), Protein Blend (egg, milk), Nonfat Milk (milk)

### Greek Yogurt Strawberry

### Blueberry

270-540 Calories Strawberries, Blueberries (Wild), Greek Nonfat Yogurt, Apple Blueberry Juice Blend, Pear Juice Blend, Nonfat Milk, Protein Blend, Fiber Blend Enhancer Allergens: Greek Nonfat Yogurt (milk), Protein Blend (milk, egg), Nonfat Milk (milk)

### Island Impact

270-540 Calories Mangoes, Pineapple, Papaya Juice Blend, Protein Blend, Apple Pineapple Juice Blend Allergens: Protein Blend (milk, egg)

### Lean1 Chocolate

250-490 Calories Bananas, Almonds, Lean1 Chocolate Protein Allergens: Lean1 Chocolate Protein (milk), Almonds (tree nuts)

### Lean1 Pineapple Mango

290-580 Calories Pineapples, Mangoes, Apple Pineapple Juice Blend, Lean1 Vanilla Protein Allergens: Lean1 Protein (milk)

### Lean1 Strawberry

200-390 Calories Lean1 Protein, Strawberries, Stevia Plant-Based Sweetener Allergens: Lean1 Protein (milk)

### Lean1 Vanilla

240-480 Calories Lean1 Protein, Bananas, Almonds Allergens: Lean1 Protein (milk), Almonds (tree nuts)

### MangoFest

290-580 Calories Mangoes, Apple Pineapple Juice Blend, Papaya Juice Blend

### Metabolism Boost Banana

### Passionfruit

240-490 Calories Bananas, Pear

## SMOOTHIE KING

**Nashville Delivers is NOT affiliated with SMOOTHIE KING in any way. By ordering online from Nashville Delivers you are agreeing to our terms & conditions & authorize Nashville Delivers to pay for, collect, and deliver your order to you and you agree to reimburse Nashville Delivers for the total cost of your order and any additional cost that may occur. We provide a delivery service only, acting as your concierge or pick up agent. We are "not responsible" for mistakes made by the restaurant or quality & preparation of your food. We transport your order in our insulated delivery bags to preserve freshness and ensure food is kept as warm/cold as possible during delivery. But, please note that even with our equipment we cannot guarantee that your food will be the same quality or temperature as if you were dining in the restaurant. Please remember, it is take-out food. \*Also please note that during our peak lunch & dinner rush, we may exceed expected delivery times. If this happens, our driver will contact you to inform you of the delay in delivery. Thank You and Happy Ordering!**

## Get Fit

### The Activator Blueberry Strawberry

260-520 Calories Gladiator Protein, Coconut Water, Strawberries, Wild Blueberries, Apple Blueberry Juice Blend Allergens: Gladiator Protein (milk, egg), Coconut Water (tree nuts-coconut)

### The Activator Chocolate

210-390 Calories Gladiator Protein, Coconut Water, 100% Cocoa, Bananas, Protein Blend Allergens: Gladiator Protein (milk, egg), Coconut Water (tree nuts-coconut), Protein Blend (milk, egg)

### The Activator Coffee

230-450 Calories Gladiator Protein, Coconut Water, Cold Brew Coffee, Nonfat Milk, Bananas, Protein Blend Allergens: Gladiator Protein (milk, egg), Coconut Water (tree nuts-coconut), Nonfat Milk (milk), Protein Blend (milk, egg) Contains naturally derived caffeine

### The Activator Pineapple

310-620 Calories Bananas, Pineapples, Apple Juice, Gladiator Protein Vanilla, Coconut Water Allergens: Gladiator Protein (milk, egg), Coconut Water (tree nuts-coconut) page 1

## Take A Break

### Angel Food

350-690 Calories Strawberries\*, Bananas, Nonfat Milk, Turbinado\*contains added sugar Allergens: Nonfat Milk (milk)

### Banana Berry Treat

300-600 Calories Bananas, Strawberries\*, Raspberries, Papaya Juice Blend, Dairy Whey Blend\*contains added sugar Allergens: Dairy Whey Blend (milk, egg)

### Banana Boat

480-960 Calories Bananas, Vanilla Frozen Yogurt, Dairy Whey Blend, Turbinado Allergens: Vanilla Frozen Yogurt (milk), Dairy Whey Blend (milk, egg)

### Berry Punch

270-530 Calories Strawberries\*, Raspberries, Wild Blueberries, Apple Blueberry Juice Blend, Electrolyte Blend\*contains added sugar Allergens: Electrolyte Blend (tree nuts-coconut)

### Caribbean Way

390-780 Calories Strawberries\*, Bananas, Papaya Juice Blend, Turbinado\*contains added sugar

### Coffee D-Lite Mocha

350-690 Calories Vanilla Frozen Yogurt, Nonfat Milk, Dairy Whey Blend, Turbinado, Cold Brew Coffee, 100% Cocoa Allergens: Vanilla Frozen Yogurt (milk), Nonfat Milk (milk), Dairy Whey Blend (milk, egg) Contains naturally derived caffeine

### Coffee D-Lite Vanilla

270-510 Calories Vanilla Frozen Yogurt, Nonfat Milk, Dairy Whey Blend, Turbinado, Cold Brew Coffee Allergens: Egg, Milk Contains naturally derived caffeine

### Green Tea Tango

270-1050 Calories Choice of One Fruit or Veggie, Matcha Green Tea, Vanilla Frozen Yogurt, Dairy Whey Blend, Turbinado Allergens: Vanilla Frozen Yogurt (milk), Dairy Whey Blend (milk, egg) Contains naturally derived caffeine

### Lemon Twist Banana

360-730 Calories Strawberries\*, White Grape Lemon Juice Blend, Papaya Juice Blend, Turbinado\*contains added sugar

### Lemon Twist Strawberry

390-770 Calories Strawberries\*, White Grape Lemon Juice Blend, Papaya Juice Blend, Turbinado\*contains added sugar

### Muscle Punch

360-720 Calories Strawberries\*, Bananas, Nonfat Milk, Super Grains Enhancer, Whey Protein, Turbinado\*contains added sugar Allergens: Milk

### Passion Passport

Passion Fruit juice blend, Papaya Juice blend, Gladiator Protein, Protein Blend, Fiber blend enhancer, Metabolism Boost  
 EnhancerAllergens: Metabolism Boost (milk), Gladiator Protein (milk, egg), Protein Blend (milk, egg)

**Metabolism Boost Mango Ginger**

280-550 CaloriesMangoes, Organic Ginger, Organic Spinach, Bananas, Metabolism Boost Enhancer, Gladiator Protein Vanilla, Fiber Blend, White Grape Lemon Juice Blend, Protein Blend  
 EnhancerContains naturally derived caffeineAllergens: Metabolism Boost (milk), Gladiator Protein (milk, egg), Protein Blend (milk, egg)

**Metabolism Boost Strawberry Pineapple**

280-550 CaloriesStrawberries, Pineapple, Metabolism Boost Enhancer, Gladiator Protein, Fiber Blend, Kiwi Apple Juice Blend, Protein Blend.Allergens: Metabolism Boost Enhancer (milk), Gladiator Protein (milk, egg), Protein Blend (milk, egg)Contains naturally derived caffeine

**The Shredder Chocolate**

240-430 CaloriesGladiator Protein, Protein Blend, Diet Down Enhancer, 100% CocoaAllergens: Gladiator Protein (milk, egg), Protein Blend (milk, egg)

**The Shredder Strawberry**

320-640 CaloriesGladiator Protein, Protein Blend, Diet Down Enhancer, Strawberries, Pear Juice BlendAllergens: Gladiator Protein (milk, egg), Protein Blend (milk, egg)

**The Shredder Vanilla**

230-470 CaloriesGladiator Protein, Protein Blend, Diet Down EnhancerAllergens: Gladiator Protein (milk, egg), Protein Blend (milk, egg)

**Slim-N-Trim Blueberry**

250-490 CaloriesApple Blueberry Juice Blend, Blueberries (Wild), Protein Blend, Lean1 Vanilla Protein, Gladiator Protein Vanilla, Stevia Plant-Based Sweetener, Fiber Blend EnhancerAllergens: Protein Blend (milk, egg), Gladiator Protein (milk, egg), Lean1 Protein (milk)

**Slim-N-Trim Chocolate**

220-430 CaloriesProtein Blend, Gladiator Protein, Lean1 Protein, Fiber Blend Enhancer, 100% Cocoa, Bananas, Nonfat Milk, Stevia Plant-Based SweetenerAllergens: Protein Blend (milk, egg), Gladiator Protein (milk, egg), Lean1 Protein (milk)

**Slim-N-Trim Strawberry**

150-300 CaloriesProtein Blend, Gladiator Protein, Lean1 Protein, Fiber Blend Enhancer, Strawberries, Stevia Plant-Based SweetenerAllergens: Protein Blend (milk, egg), Gladiator Protein (milk, egg), Lean1 Protein (milk)

**Slim-N-Trim Vanilla**

180-370 CaloriesProtein Blend, Gladiator Protein, Lean1 Protein, Fiber Blend Enhancer, Bananas, Stevia Plant-Based SweetenerAllergens: Protein Blend (milk, egg), Gladiator Protein (milk, egg), Lean1 Protein (milk)

**Slim-N-Trim Veggie**

Protein Blend, Gladiator Protein, Lean1 Protein, Fiber Blend Enhancer, Organic Spinach, Kale, & Ginger, Bananas, Mangoes, Apple

**The Activator Strawberry Banana**

200-400 CaloriesStrawberries, Bananas, Gladiator Protein Vanilla, Coconut WaterAllergens: Gladiator Protein (milk, egg), Coconut Water (tree nuts-coconut)

**Coffee High Protein - Almond Mocha**

400-810 CaloriesCold Brew Coffee, Almonds, 100% Cocoa, Dates, Whey Protein, Dairy Whey Blend, Nonfat MilkAllergens: Almonds (tree nuts), Whey Protein (milk), Dairy Whey Blend (milk, egg), Nonfat Milk (milk)Contains naturally derived caffeine

**Coffee High Protein - Vanilla**

400-800 CaloriesCold Brew Coffee, Almonds, 100% Cocoa, Dates, Whey Protein, Dairy Whey Blend, Nonfat MilkAllergens: Almonds (tree nuts), Whey Protein (milk), Dairy Whey Blend (milk, egg), Nonfat Milk (milk)Contains naturally derived caffeine

**Gladiator Chocolate**

230-1270 CaloriesGladiator Protein, Choice of Two Fruits, Veggies or Cold Brew CoffeeAllergens: Gladiator Protein (milk, egg)

**Gladiator Strawberry**

230-1270 CaloriesGladiator Protein, Choice of Two Fruits, Veggies or Cold Brew CoffeeAllergens: Gladiator Protein (milk, egg)

**Gladiator Vanilla**

230-1270 CaloriesGladiator Protein, Choice of Two Fruits, Veggies or Cold Brew CoffeeAllergens: Gladiator Protein (milk, egg)

**High Intensity - Chocolate**

**Cinnamon**

420-830 Calories100% Cocoa, Almond Butter, Cinnamon, FITAID + Paleo Protein Enhancer, Bananas, Dates, Califia Farms Almond MilkAllergens: Califia Farms Almond Milk (tree nuts), Almond Butter (tree nuts), FITAID + Paleo Protein Enhancer (egg)Contains naturally derived caffeine

**High Intensity - Veggie Mango**

400-790 CaloriesBananas, Mangoes, Organic Spinach, Almonds, FITAID + Paleo Protein EnhancerAllergens: Almonds (tree nuts), FITAID + Paleo Protein Enhancer (egg)Contains naturally derived caffeine

**The Hulk Chocolate**

710-1420 CaloriesButter Pecan Ice Cream, Bananas, Hulk Blend (protein & carb blend), Turbinado, 100% CocoaAllergens: Butter Pecan Ice Cream (milk, tree nuts), Hulk Blend (milk)

**The Hulk Coffee**

720-1440 CaloriesButter Pecan Ice Cream, Bananas, Hulk Blend (protein & carb blend), Cold Brew Coffee, Turbinado, 100% CocoaAllergens: Butter Pecan Ice Cream (milk, tree nuts), Hulk Blend (milk)Contains naturally derived caffeine

**The Hulk Strawberry**

850-1690 CaloriesButter Pecan Ice Cream, Strawberries\*, Bananas, Hulk Blend (protein & carb blend), Turbinado\*Contains added sugarAllergens: Butter Pecan Ice Cream (milk, tree nuts), Hulk Blend (milk)

410-810 CaloriesBananas, Pear Passion Fruit Juice Blend, Apple Pineapple Juice Blend, Papaya Juice Blend, Turbinado

**Pineapple Surf**

420-840 CaloriesPineapple, Strawberries\*, Kiwi Apple Juice Blend, Dairy Whey Blend, Turbinado\*contains added sugarAllergens: Dairy Whey Blend (milk, egg)

**Strawberry-Kiwi Breeze**

370-730 CaloriesStrawberries\*, Kiwi Apple Juice Blend, Papaya Juice Blend, Dairy Whey Blend\*contains added sugarAllergens: Dairy Whey Blend (milk, egg)

**Strawberry X-Treme**

300-610 CaloriesStrawberries\*, Papaya Juice Blend\*contains added sugar

**Yogurt D-Lite**

320-1190 CaloriesVanilla Frozen Yogurt, Nonfat Milk, Dairy Whey Blend, Turbinado, Choice of One Fruit, Veggie or Cold Brew CoffeeAllergens: Vanilla Frozen Yogurt (milk), Nonfat Milk (milk), Dairy Whey Blend (milk, egg)

## Kids 12oz

**Apple Kiwi Bunga** \$4.70

160 CaloriesApple Juice, Bananas, Kiwi Apple Juice Blend, Organic Kale, Electrolyte Mix, Kids Multivitamin

**Berry Interesting** \$4.70

200 CaloriesStrawberries\*, Raspberries, Apple Blueberry Juice Blend, Kids Multivitamin\*contains added sugar

**Choc-A-Laka** \$4.70

200 Calories100% Cocoa, Vanilla Frozen Yogurt, Kids Multivitamin, Dairy Whey Blend, Turbinado

**CW, Jr.** \$4.70

240 CaloriesStrawberries\*, Bananas, Papaya Juice Blend, Kids Multivitamin\*contains added sugar

**Lil' Angel** \$4.70

190 CaloriesStrawberries\*, Bananas, Kids Multivitamin\*contains added sugar

**Strawberry Bluegurt Blitz** \$4.70

160 CaloriesGreek Nonfat Yogurt, Strawberries\*, Apple Blueberry Juice Blend, Kids Multivitamin, Dairy Whey Blend, Nonfat Milk\*contains added sugarAllergens: Greek Nonfat Yogurt (milk), Dairy Whey Blend (milk, egg), Nonfat Milk (milk)

## Snacks

**Smoothie King Snack Banana** \$3.99

**Chips**  
Crunchy slices of banana

**Smoothie King Snack Dark** \$3.99

**Chocolate Cashews**  
Dark chocolate covered cashews

**Smoothie King Snack Greek** \$3.99

**Yogurt Pretzels**  
Yogurt covered pretzels

**Smoothie King Snack Greek** \$3.99

**Yogurt Trail Mix**  
A blend of yogurt covered nuts and dried fruits

**Smoothie King Snack Milk** \$3.99

**Chocolate Almonds**  
Chocolate covered almonds

**Smoothie King Snack Natures** \$3.99

**Blend**  
A blend of nuts and dried fruit

**Good Health Peanut Butter** \$3.99

Pineapple Juice Blend  
Allergens: Protein Blend (milk, egg), Gladiator Protein (milk, egg), Lean1 Protein (milk)

## **Be Well**

**Blended to help you support immune health, get vitamins & minerals or simply feel better when added to a healthy diet.**

### **Apple Kiwi Kale**

280-550 Calories  
Organic Kale, Bananas, Apple Juice, Kiwi Apple Juice Blend, Electrolyte Blend  
Allergens: Electrolyte Blend (tree nuts-coconut)

### **Blueberry Heaven**

260-530 Calories  
Wild Blueberries, Bananas, Apple Blueberry Juice Blend, White Grape Lemon Juice Blend, Protein Blend  
Allergens: Protein Blend (milk, egg)

### **Carrot Kale Dream**

270-550 Calories  
Organic Carrots & Kale, Bananas, Apple Pineapple Juice Blend, White Grape Lemon Juice Blend, Protein Blend  
Allergens: Protein Blend (milk, egg)

### **Daily Warrior**

680-1360 Calories  
Bananas, Wild Blueberries, Peanut Butter, Dates, Organic Spinach, Almonds, Apple Blueberry Juice Blend, Stevia Plant-Based Sweetener.  
Allergens: Peanut Butter (peanuts), Almonds (tree nuts)

### **Immune Builder Mixed Berry**

340-680 Calories  
Strawberries, Wild Blueberries, Raspberries, Bananas, Califia Farms Almond Milk, Pear Juice Blend, Apple Blueberry Juice Blend, Immune Support Enhancer  
Allergens: Califia Farms Almond Milk (tree nuts)

### **Immune Builder Veggie**

#### **Superfood**

360-720 Calories  
Spinach - Organic, Kale - Organic, Carrots - Organic, Bananas, Dates, Electrolyte Blend, Apple Pineapple Juice Blend, Immune Support Enhancer  
Allergens: Electrolyte Blend (tree nuts-coconut)

### **Lemon Ginger Spinach**

310-610 Calories  
Organic Spinach, Carrots, Kale & Ginger, Mangoes, Pineapple, White Grape Lemon Juice Blend, Papaya Juice Blend, Stevia Plant-Based Sweetener

### **Pure Recharge Mango**

#### **Strawberry**

300-610 Calories  
Pure Recharge Enhancer, Apple Pineapple Juice Blend, Strawberries, Mangoes, Electrolyte Mix  
Allergens: Electrolyte Mix (tree nuts-coconut)  
Contains naturally derived caffeine

### **Pure Recharge Pineapple**

340-680 Calories  
Bananas, Pineapples, Pure Recharge Enhancer, Apple Pineapple Juice Blend, Nutrient Blend  
Allergens: Nutrient Blend (milk)  
Contains naturally derived caffeine

### **Pure Recharge Strawberry**

180-370 Calories  
Pure Recharge Enhancer, Strawberries, Pear Juice Blend, Electrolyte Blend, Protein Blend, Nutrient Blend  
Allergens: Electrolyte Blend (tree nuts-coconut), Protein Blend (milk, egg), Nutrient Blend (milk)  
Contains naturally derived caffeine

### **Vegan Dark Chocolate Banana**

350-710 Calories  
Sunwarrior Organic Plant-Based Protein, 100%

### **The Hulk Vanilla**

710-1410 Calories  
Butter Pecan Ice Cream, Bananas, Hulk Blend (protein & carb blend), Turbinado  
Allergens: Butter Pecan Ice Cream (milk, tree nuts), Hulk Blend (milk)

### **Keto Champ Berry**

430-870 Calories  
Wild Blueberries, Raspberries, Keto Protein Blend, Almond Butter, Califia Farms Almond Milk, 100% Cocoa  
Allergens: Keto Protein Blend (milk), Almond Butter (tree nuts), Califia Farms Almond Milk (tree nuts)

### **Keto Champ Chocolate**

430-860 Calories  
Califia Farms Almond Milk, Almond Butter, Keto Protein Blend, Protein Blend, 100% Cocoa and Stevia Plant-Based Sweetener  
Allergens: Keto Protein Blend (milk), Almond Butter (tree nuts), Califia Farms Almond Milk (tree nuts), Protein Blend (milk, egg)

### **Keto Champ Coffee**

420-830 Calories  
Cold Brew Coffee, Keto Protein Blend, Almond Butter, Califia Farms Almond Milk, 100% Cocoa  
Allergens: Milk, Tree Nuts  
Contains naturally derived caffeine

### **Original High Protein Banana**

340-680 Calories  
Whey Protein, Almonds, Dairy Whey Blend, Bananas  
Allergens: Whey Protein (milk), Almonds (tree nuts), Dairy Whey Blend (milk, egg)

### **Original High Protein Chocolate**

400-800 Calories  
Whey Protein, Almonds, Dairy Whey Blend, 100% Cocoa, Dates, Nonfat Milk  
Allergens: Whey Protein (milk), Almonds (tree nuts), Dairy Whey Blend (milk, egg), Nonfat Milk (milk)

### **Original High Protein Lemon**

390-780 Calories  
Whey Protein, Almonds, Dairy Whey Blend, Bananas  
Allergens: Whey Protein (milk), Almonds (tree nuts), Dairy Whey Blend (milk, egg)

### **Original High Protein Pineapple**

320-630 Calories  
Pineapple, Whey Protein, Almonds, Dairy Whey Blend  
Allergens: Whey Protein (milk), Almonds (tree nuts), Dairy Whey Blend (milk, egg)

### **Power Punch Plus**

250-510 Calories  
Strawberries, Bananas, Nutrient Blend, Turbinado

### **Peanut Power Plus**

590-1170 Calories  
Bananas, Dates, Peanut Butter, Protein Blend, Nonfat Milk  
Allergens: Peanut Butter (peanuts), Protein Blend (milk, egg), Nonfat Milk (milk)

### **Peanut Power Plus Strawberry**

680-1370 Calories  
Bananas, Dates, Peanut Butter, Protein Blend, Nonfat Milk, Strawberries, Turbinado  
Allergens: Peanut Butter (peanuts), Protein Blend (milk, egg), Nonfat Milk (milk)

### **Stretch & Flex Pineapple Kale**

270-540 Calories  
Pineapples, Bananas, Kale, Coconut Water, Dates, Vegan Protein, Joint Health Enhancer with Collagen  
Allergens: Coconut Water: Tree Nut (Coconut)

### **Stretch & Flex Tart Cherry**

220-440 Calories  
Tart Cherries, Coconut Water, Bananas, Dates, Vegan Protein, Joint Health Enhancer with Collagen  
Allergens: Coconut Water: Tree Nut (Coconut)

### **Pretzels**

Baked pretzel bites filled with creamy peanut butter

Smoothie King Bottled Water, 16.9oz \$2.19

Smoothie King Bottled Water, 1L \$3.19

Gladiator Tub 2LB, Chocolate \$46.99

Gladiator Tub 2LB, Strawberry \$46.99

Gladiator Tub 2LB, Vanilla \$46.99

Good Health Veggie Chips 1oz \$2.19

### **Sea Salt**

Gluten-free veggie chips

*Cocoa, Bananas, Wild Blueberries,  
Dates*

### **Vegan Mango Kale**

*330-650 CaloriesSunwarrior  
Organic Plant-Based Protein,  
Mangoes, Organic Kale, Bananas,  
Apple Pineapple Juice Blend, Apple  
Juice, AlmondsALLERGENS:  
Almonds (Tree Nuts)*

### **Vegan Mixed Berry**

*350-710 CaloriesStrawberries,  
Blueberries, Raspberries, Banana,  
Apple Blueberry Juice, Pear Juice,  
Califia Farms Oat Milk, Super Grains,  
Sunwarrior Organic Plant-based  
Protein*

### **Vegan Nutty Super Grain**

*520-1040 CaloriesSunwarrior  
Organic Plant-Based Protein, Peanut  
Butter, Bananas, Califia Farms  
Almond Milk, Apple Juice, Super  
Grains Enhancer, 100%  
CocoaAllergens: Califia Farms  
Almond Milk (tree nuts), Peanut  
Butter (peanuts)*

### **Vegan Pineapple Spinach**

*360-710 CaloriesSunwarrior  
Organic Plant-Based Protein,  
Pineapple, Organic Spinach,  
Bananas, Apple Pineapple Juice  
Blend, Organic Carrots, White Grape  
Lemon Juice Blend, Almonds, Stevia  
Plant-Based SweetenerAllergens:  
Almonds (tree nuts)*