



**Ask about our
juice of the day!**

*** Milk & Alternatives**

Whole Milk, Almond Milk, Oat Milk,
Orange Juice, Coconut Water, Alkaline
Water

TAX IS INCLUDED IN PRICE

Smoothies

Berry Bananza.....16oz | \$10

Strawberry, Blueberry, Raspberry, Banana,
OJ & Coconut Water Base

Peach Perfect.....16oz | \$11

Peach, Mango, Sweet Potato, Coconut Cream,
Splash of OJ & Coconut Water Base

Wicked Good Greens.....16oz | \$12

Avocado, Pineapple, Spinach, Ginger & Turmeric,
Splash of OJ & Lemon Juice, Coconut Water Base

Purple Majesty.....16oz | \$11

Açaí, Mango, Blueberry, Banana,
Choice of Milk*

Treenut Butter Jelly (TBJ) 16oz | \$12

Strawberry, Raspberry, Banana, Oats, Maple Syrup,
Choice of Almond, Peanut or Sun Butter, Choice of Milk*

Coconutty.....16oz | \$11

Banana, Shredded Coconut, Dates,
Choice of Milk*

Cold Brew Creatine Kick....16oz | \$14

Banana, Cold Brew, Coconut Cream, Maple Syrup,
Choice of Chocolate or Vanilla Protein + Creatine

Chai Feel.....16oz | \$12

Banana, Red Apple, Sweetened Sherpa Chai,
Dates, Vanilla, Cinnamon, Choice of Milk*

Bananajama.....9oz | \$5

Kids Smoothie: Strawberry, Banana, OJ

Bowls

Superfruit.....12oz | \$14

Blended: Açaí, Mango, Blueberry, Strawberry,
Banana, OJ

Toppings: Strawberry, Blueberry, Raspberry, Cacao Nibs,
Hemp Seed, Goji Berry, Agave Drizzle

Pretty in Pink...12oz | \$14

Blended: Dragonfruit, Passionfruit, Strawberry,
Banana, OJ

Toppings: Strawberry, Banana, Toasted Coconut,
Slivered Almonds, Chia Seed, Honey Drizzle



Our Mission

Owner Molly Powell is passionate about bringing healthy, mindfully sourced food to Summit County, CO. At Freshies, our smoothies and bowls are made to order because we believe good things take time. We are proud to be a dedicated gluten-free kitchen and are always allergy aware. Our ingredients are no sugar added, unless specified. We source organic and Colorado-grown produce whenever possible.

TAX IS INCLUDED IN PRICE

Protein, etc

Whey Protein.....\$2.50

25g Protein | Chocolate or Vanilla

Contains: Milk & Soy

Vegan Recovery Protein.....\$3

30g Protein | Vanilla, Chocolate, or Mocha

Contains: 480 mg Tart Cherry +

2 Billion CFU Probiotics

Vegan Protein + Creatine.....\$3

30g P + 3g C | Vanilla or Chocolate

Contains: 3-4g added sugar

Paleo Protein.....\$3

21g Protein | Unflavored or Vanilla

Dairy Free, Soy Free, Egg Free, Keto

Creatine.....\$1

5g Creatine Monohydrate

Collagen.....\$2.50

Enhancements

Extra Fruit/Veg .50

Peanut Butter .50

Almond or Sun Butter \$1

Granola \$1

Cacao Nibs .50

Chia Seed .25

Ground Flax .50

Hemp Seed .25

Adaptogenic Mushroom Complex \$2

Bee Pollen \$2.50

Blue Spirulina \$1

Liquid Chlorophyll \$1.50

Probiotic Tincture \$2.50

Vitamin B Complex \$1.50