



888-350-9516

<http://order.nashvilledelivers.com>

Smoothie King Nashville

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 Passion Fruit juice blend, Papaya Juice blend, Gladiator Protein,

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)

The Activator Strawberry

Banana 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

410-810 Calories Bananas, Pear Passion Fruit Juice Blend, Apple

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 Pineapple Juice BlendAllergens: Protein Blend (milk, egg), Gladiator

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)

The Hulk Vanilla

710-1410 CaloriesButter Pecan Ice

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

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

\$4.70

Berry Interesting

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

\$4.70

Choc-A-Laka

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

\$4.70

CW, Jr.

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

\$4.70

Lil' Angel

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

\$4.70

Strawberry Bluegurt Blitz

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)

\$4.70

Snacks

Smoothie King Snack Banana

Chips

Crunchy slices of banana

\$3.99

Smoothie King Snack Dark

Chocolate Cashews

Dark chocolate covered cashews

\$3.99

Smoothie King Snack Greek

Yogurt Pretzels

Yogurt covered pretzels

\$3.99

Smoothie King Snack Greek

Yogurt Trail Mix

A blend of yogurt covered nuts and dried fruits

\$3.99

Smoothie King Snack Milk

Chocolate Almonds

Chocolate covered almonds

\$3.99

Smoothie King Snack Natures

Blend

A blend of nuts and dried fruit

\$3.99

Good Health Peanut Butter

Pretzels

\$3.99

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% Cocoa, Bananas, Wild Blueberries, Dates

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)

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

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)