

DON'T WAIT, GET IT DELIVERED!

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480.279.1011
1633 S. Higley Rd. Suite 101
Gilbert, AZ 85296

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smoothierun.com

MENU

Smoothies Regular \$5.50 | Large 6.50 *Substitute any choice for juice, non-fat yogurt, almond milk or silk, or add for only 0.50 cents*

1) SMOOTHIE RUN BUILD YOUR OWN • Choose up to 3 fruits or vegetables of your choice	2) Strawberry, Mango & Pineapple	3) Pineapple, Banana & Strawberry	4) Blueberry, Banana & Strawberry
5) Raspberry, Strawberry & Blueberries	*6) Orange, Pineapple & Banana	7) Peach, Banana & Orange	*8) Grape, Apple & Orange
9) Mango, Pineapple & Orange	*10) Kiwi, Banana & Orange	11) Lemon, Strawberry & Kiwi	*12) Celery, Orange & Lemon
*13) Cucumber, Carrot & Grape	*14) Carrot, Spinach & Celery	*15) Spinach, Cucumber & Banana	16) Spinach & Pear • Choice of juice or non-fat yogurt
17) Carrot & Kale • Choice of juice or non-fat yogurt	18) Kale & Mango • Choice of juice or non-fat yogurt	19) Spinach & Mango • Choice of juice or non-fat yogurt	20) Pineapple, Banana & Coconut Cream

Add Boost \$0.99

Energizer • Vitamin B-12 • Multi-Vitamin • Fat Burner • Whey Protein • Soy Protein • Flax Seed • Peanut Butter

**COMES WITH PASSION FRUIT PUREE OR NON-FAT YOGURT*

Salads

Dressings: Italian • Ranch • Balsamic • Caesar

CAESAR	5.95
• Romaine, Parmesan, Croutons & Caesar Dressing	
ARIZONA	6.95
• Mixed Greens, Tomatoes, Onions & Avocado	
CHICKEN CAESAR	7.95
• Chicken, Romaine, Parmesan, Croutons & Caesar Dressing	
COBB	9.95
• Romaine, Grilled Chicken, Avocado, Tomatoes, Eggs, Bacon & Parmesan	
ANTIPASTO	9.95
• Salami, Pepperoni, Ham, Tomatoes, Olives & Mozzarella Cheese	

Cold Sandwiches

White or Wheat On A Hoagie Bun, Romaine Lettuce, Tomato, Onion. Choice of Cheese: American, Swiss, Provolone & Parmesan

HAM	6" ... 6.95 12" 8.95
TURKEY	6" ... 6.95 12" 8.95
ITALIAN	6" ... 6.95 12" 8.95
• Salami/Pepperoni	
CHICKEN CAESAR	6" ... 6.95 12" 8.95
• Chicken, Romaine, Parmesan & Caesar Dressing	
VEGGIE	6" ... 6.95 12" 8.95
• Mixed Greens, Tomato, Onion, Avocado & Cheese	
CLUB	6" ... 7.95 12" 9.95
• Turkey, Ham & Avocado	

Smoothie Run Combo

Chips & 12oz Smoothie

MAKE IT A COMBO..... **2.99**
• Add it to any cold or hot sandwich

Kids Meal

1/2 Sandwich, Chips & Juice Box

KIDS MEAL..... **5.95**
• Ham, Turkey or Grilled Cheese* with Lettuce and Tomato

5" PIZZA

5.95
• Pepperoni or Cheese

Hot Sandwiches

White or Wheat Hoagie Bun

MEATBALL MARINARA	6" ... 7.95 12" ... 9.95
• Meatball, Marinara Sauce & Parmesan	
SPICY JERK CHICKEN	6" ... 7.95 12" ... 9.95
• Jerk Chicken, Romaine Lettuce & Mango Sauce	
GRILLED CHEESE	6" ... 7.95 12" ... 9.95
• American & Provolone Cheese	
BUFFALO CHICKEN	6" ... 7.95 12" ... 9.95
• Buffalo Chicken, Provolone & Ranch Dressing	

Boss Up! Build your own 12" Pizza \$8.95

All pizza comes with mozzarella cheese • Up to (3) Toppings • Additional Toppings 0.99 cents

CRUST
• Artisan
• Wheat & *Gluten Free *(Additional \$2)

VEGGIES & MORE
• Black Olives, Mushrooms, Jalapeño, Kalamata Olives, Pineapple, Mango, Onion, Spinach, Tomato, Kale, Garlic, Carrots, Roasted Peppers, Basil and Oregano

SAUCE
• Marinara, Pesto, BBQ, Buffalo & Garlic

MEATS
• Bacon, Meatball, Grilled Chicken, Pepperoni, Sausage, BBQ Chicken, Buffalo Chicken, Spicy Jerk Chicken, Salami, Ham and *Brisket *(Additional \$2)

Wings

1/2 ORDER (5)	5.29
• BBQ and Mild Buffalo	
FULL ORDER (10)	9.99
• BBQ and Mild Buffalo	

Garlic Bread

ORIGINAL	2.99
• 4 Slices	
GARLIC CHEESE	3.99
• 4 Slices	

OPEN EVERY DAY!

Monday - Sunday
7:00 a.m. - 10:00 p.m.

BREAKFAST • LUNCH • DINNER!