



Whirl'd Famous Smoothies

16 oz 24 oz 32 oz

Rocks Our Whirl'd

Apple Juice, Frozen Non-Fat Yogurt,
Strawberries & Bananas

Banana Coconut Colada

Pineapple Juice, Pineapple Sherbet, Coconut,
Frozen Non-Fat Yogurt & Bananas

Berry Cool Whirl'd

Apple Juice, Raspberry Sherbet,
Strawberries, Blueberries & Bananas

Caribbean Paradise

Mango Juice, Orange Sherbet,
Strawberries & Peaches

Chocolate-PB-Banana

Soy Milk, Hershey's Chocolate, Frozen
Non-Fat Yogurt, Banana & Peanut Butter

Java Blasters *(Coffee)*

Flavors: **Plain**, **Vanilla** or **Mocha**
Non-Fat Frozen Yogurt & Fresh Arabica Coffee

Mango Pineapple Blast

Mango Juice, Pineapple Sherbet & Mangos

Palm Peacher

Coconut Water, Orange Sherbet, Pineapple
Sherbet & Peaches

Peanut Butter n' Jelly

Apple Juice, Frozen Non-Fat Yogurt,
Raspberry Sherbet, Strawberries,
Blueberries, Bananas & Peanut Butter

Pineapple Punch

mango juice, orange sherbet,
pineapple & blueberries

Pineapple Sublime

Pineapple Juice, Frozen Non-Fat Yogurt,
Pineapple Sherbet, Strawberries & Bananas

Strawberry Lemonade Whirl'd

Lemonade, Raspberry Sherbet & Strawberries



All-Whirl'd Fruit Smoothies

16 oz 24 oz 32 oz

Carrot Orange Twist

Freshly-Squeezed Carrot Juice,
Freshly-Squeezed Orange Juice,
Mangos & Bananas

Peach Refresher

Peach Juice, Peaches, Mangos
& Strawberries

Top of the Whirl'd

Mango Juice, Pineapple, Mangos
& Blueberries

The Wizard

Pineapple Juice, Pineapple,
Strawberries & Peaches



Whirl'd With a Purpose Smoothies

16 oz 24 oz 32 oz

Acai Kickstarter

Acai Juice, Soy Milk, Energy Scoop,
Raspberry Sherbet,
Strawberries, & Blueberries

Outta This Whirl'd

Acai Juice, Whey Protein, Strawberries,
Mangos & Blueberries

Whirl'd Champ

Whey Protein, Soy Milk, Strawberries
& Bananas

Whirl'd Refresher

Coconut Water, Fat Burner, Peaches,
Mangos & Strawberries

Ask About Our Smoothie Whirl'd



Super-Food Bowls

16 oz Bowl

Acai Rio Bowl

Apple Juice, Organic Acai, Strawberries, Bananas,
Topped with Grated Coconut, Granola,
Fresh Bananas & Fresh Blueberries

Peanut Butter Gusto Bowl

Almond Milk, Organic Acai, Peanut Butter,
Blueberries & Banana, topped with Granola
and Fresh Bananas

Dragon Fruit Bowl

Almond Milk, Dragon Fruit, Pineapple & Mango.
Topped with Granola, Flaxseed, fresh Pineapple
and fresh Strawberries.



* Additional charge for extra Sherbets and Fruit.
Also for Blueberries, Acai Juice or
Fresh Orange Juice subbed to any order.



Start Earning FREE BOWLS! With Our Bowl Loyalty Card

Purchase 10 bowls at full price
and your 11th bowl is FREE!
(This loyalty card may only be redeemed
for one bowl. No exceptions)



Nutritional Supplements

Our smoothies come in a wide variety of
flavors, are blended with real fruit, natural
juices and all of them can be enhanced
with any one of our natural Nutritional
Supplements for an additional charge:

- Whey Protein
- Pea Protein
- Oatmeal
- Chia Seeds
- Ginger
- Super Green Blend
- Organic Turmeric
- Matcha Energy
- Fat-Burner Blend
- Vitamins
- Flaxseed



* Additional charge for extra Sherbets and Fruit.
Also for Blueberries, Acai Juice or
Fresh Orange Juice subbed to any order.



Freshly-Squeezed Juices *

16 oz 24 oz 32 oz

Orange Juice

There's nothing like the taste of freshly-squeezed orange juice. It's like a cup of liquid sunshine!

Carrot Juice

Chock-full of vitamins and minerals, freshly-squeezed carrot juice is both highly nutritious and surprisingly delicious!

Orange-Carrot Juice

What do you get when you combine freshly-squeezed orange juice and freshly-squeezed carrot juice? A taste sensation that's out of this Whirl'd and so good for you!

* Please Note:

Freshly-squeezed juices are not pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly and persons with weakened immune systems.



Nutritional Shots *

1 oz or 2 oz

- Wheatgrass Shots
- Ginger Shots

2 oz

- Bomb Shot –
Wheatgrass and Ginger

2 oz

- Fire Bomb Shot –
Wheatgrass, Ginger and
Cayenne Pepper



Our **Green Smoothies** contain **NO** artificial flavors and **NO** artificial preservatives.



Green Smoothies

16 oz 24 oz 32 oz

Green Crush

Fresh Spinach, Kale, Freshly-Squeezed Green Apples and Pineapple

Green Go Getter

Fresh Spinach, Kale, Freshly-Squeezed Green Apples, Bananas, and Lemon Juice

Green Twist

Fresh Spinach, Kale, Freshly-Squeezed Orange Juice, Pineapple and Bananas

Green Quencher

Fresh Spinach, Kale, Coconut Water and Mangos



The Reggie Dee Walk for Unity Smoothie

16 oz 24 oz 32 oz

Whirl'd with Coconut Water, Non-Fat Frozen Yogurt, Pineapple & Blueberries

Take Steps for Unity!

For every Reggie Dee Walk for Unity Smoothie sold, \$1.00 will be donated to the Reggie Dee Foundation.

Learn more at:

www.ReggieDeeFoundation.org

The Smoothie Whirl'd team is committed to establishing our brand as the premier destination in South Florida for fast, delicious, and nutritious blended beverages.

We will accomplish our mission by providing a fun, energetic environment for our customers and our team members and by partnering with our local schools and community groups to raise funds for worthy causes.

We are a family owned business and realize the importance of being healthy and staying that way.



Start Earning
FREE SMOOTHIES!
With Our
Customer Loyalty Program!

Purchase 10 smoothies at full price and get a **FREE** small smoothie!
(Customers may also apply the value of a small smoothie towards any purchase. Restrictions apply.)

Allergy Concerns?

Our products may contain milk, soy, tree nuts, peanuts, wheat, eggs, or other fruits and juices in addition to the ingredients listed.

Visit us on these Social Media Sites



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Menu Update: 4/30/2024



We Put a Whirl'd of Goodness in Your Cup!™

Where in the Whirl'd Are We Located?

West Palm Beach

1924 N. Military Trail
West Palm Beach, FL 33409
(561) 689-1601

Monday-Friday: 8am-7pm
Saturday: 9am-7pm / Sunday: Closed



Visit Our Website at:
www.SmoothieWhirl.com