

— REFRESH SMOOTHIES —

Kale-ifornia Dreamin'.. 4.35 6.35

Spinach / Kale / Banana / Mango / Kiwi

Acai Blast..... 4.35 6.35

Acai / Strawberry / Blueberry / Banana

Alpha Tea 4.35 6.35

Blueberry / Strawberry / Acai / Green Tea

Summer Breeze..... 4.35 6.35

Banana / Kiwi / Mango / Goji

— HERK-UP SMOOTHIES —

Banana Bread..... 5.95 7.95

Banana / Granola / Almond Milk / Yogurt /
Whey or Soy*

Trail Mix 5.95 7.95

Granola / Almond Milk / Blueberry / Banana /
Mango / Acai / Whey or Soy*

Razzmanian Devil..... 5.95 7.95

Raspberry / Banana / OJ / Yogurt / Whey or Soy*

Mango Sorbet 5.95 7.95

Mango / Pineapple / Coconut / Goji / Whey or Soy*

Triple Threat..... 5.95 7.95

Strawberry / Blueberry / Acai / Oats / Flax /
Splenda / Multi-Vitamin / Whey or Soy*

Pentacrest 5.95 7.95

Raspberry / Strawberry / Banana /
Yogurt / Whey or Soy*

PB&J 5.95 7.95

Banana / Blueberry / Acai / Yogurt /
Peanut Butter / Whey or Soy*

Iowa Sunset..... 5.95 7.95

Strawberry / Mango / Goji / Yogurt / Whey or Soy*

PB Power..... 5.95 7.95

Banana / Yogurt / Peanut Butter / Whey or Soy*

**Strawberries
and Cream 5.95 7.95**

Strawberry / Granola / Yogurt / Whey or Soy*

Full Nelson..... 5.95 7.95

Strawberry / Raspberry / Blueberry / OJ /
Yogurt / Whey or Soy*

— CLASSIC SMOOTHIES —

Blueberry Beach 4.35 5.40

Blueberry / Banana / Strawberry

Lime Light 4.35 5.40

Limeade / Strawberry / Pineapple / OJ

Citrus Crush 4.35 5.40

OJ / Mango / Kiwi / Banana

Kicking Kiwi 4.35 6.35

Kiwi / Yogurt / Strawberry

Straw-Bana 4.35 5.40

Strawberry / Banana

Mango Tango 4.35 6.35

Mango / Yogurt / Pineapple

Butterfly 4.35 5.40

Pineapple / Banana / Strawberry

Sun Up 4.35 6.35

Mango / Strawberry / Pineapple / OJ

— TREAT SMOOTHIES —

Coconut Cove 5.95 7.95

Coconut / Strawberry / Pineapple / Yogurt

Monster Cookie 5.95 7.95

Peanut Butter / Oats / Dark Chocolate /
Banana / Yogurt

Peanut Butter Cup 5.95 7.95

Dark Chocolate / Banana / Peanut Butter / Yogurt

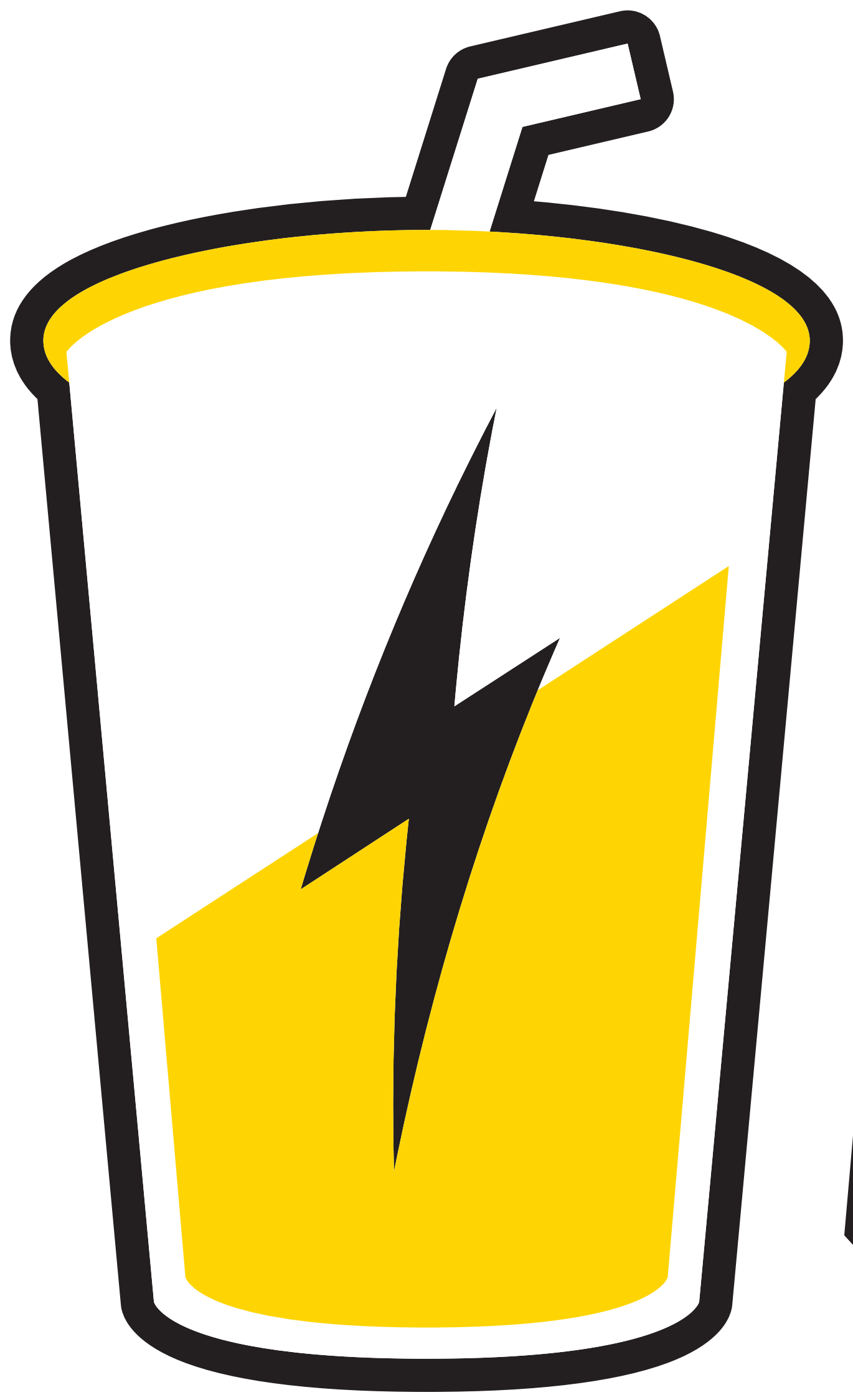
— SUPPLEMENTS —

Whey Protein 1.25 2.50

Multivitamin50 1.00

Soy Protein50 1.00

**Sugar or Splenda can be added to any smoothie upon request.
Almond milk is available as a non-dairy replacement for yogurt.**



**POWER
CAFE**

— SANDWICHES —

Chicken Caprese **6.89**

Ciabatta / Pesto / Tomato / Chicken
Mozzarella / Balsamic Glaze

Turkey **6.09**

9 Grain Bread / Sliced Turkey / Swiss /
Avocado / Red Onion / Spinach

T.B.R. **6.09**

Ciabatta / Sliced Turkey / Bacon /
Swiss / Spinach / Tomato / Low-Fat Ranch

Vegetarian **6.09**

9 Grain Bread / Hummus / Avocado /
Lettuce / Roasted Peppers with Onion /
Pepper Jack / Chipotle Sauce

— WRAPS —

Buffalo Burrito **6.69**

Diced Chicken / Buffalo Sauce / Mozzarella /
Shredded Lettuce / Tomato / Low-Fat Ranch

Caribbean Jerk **7.09**

Diced Chicken / Red Onion / Pineapple /
Pepper Jack / Jerk Sauce

Cali Club **7.09**

Sliced Turkey / Bacon / Spinach /
Avocado / Chipotle Sauce

Chicken Fiesta **6.69**

Diced Chicken / Cheddar / Chipotle Sauce /
Flame Roasted Corn and Black Beans

— PITAS —

Chipotle Chicken **6.89**

Diced Chicken / Pepper Jack / Tomato /
Bacon / Shredded Lettuce / Chipotle Sauce

Vegetarian **5.99**

Hummus / Mozzarella / Lettuce /
Tomato / Pesto / Balsamic Glaze

PC Pita **5.99**

Diced Chicken / Mozzarella /
Tomato / Pesto

Chicken Tzatziki **6.39**

Chicken / Tomato / Onions / Lettuce /
Cucumber / Tzatziki

PB&G **5.99**

Peanut Butter / Banana / Granola / Honey

— POWER CAFE COMBO —

Any Sandwich, Wrap or Pita / Chips or Fruit /

12 oz. Classic Smoothie **10.89**

— ALL DAY BREAKFAST —

Buffalo Breakfast..... **6.69**

Ciabatta / Sliced Ham / Buffalo Sauce / Bacon /
Pepper Jack / Egg Whites

Pesto Pick-Me-Up **6.89**

Egg Whites / Ham / Mozzarella /
Tomato / Pesto

Breakfast Club Wrap **5.39**

Sliced Ham / Bacon /
Swiss / Egg Whites

Early Riser **5.39**

Ciabatta / Turkey Sausage /
Egg Whites / Cheddar

— BUILD IT —

Sandwich, Wrap, or Pita..... **6.69**

Breads

9 Grain / Ciabatta / Pita / Tortilla Wrap /
Gluten Free

Protein

Sliced Turkey / Sliced Ham / Hummus /
Turkey Sausage / Peanut Butter /
Diced Chicken / Egg Whites

Cheese

Cheddar / Mozzarella / Swiss / Pepper Jack

Toppings

Shredded Lettuce / Spinach / Avocado /
Tomato / Pickles / Red Onion /
Roasted Peppers with Onion /
Flame Roasted Corn and Black Beans

Spreads

Low-Fat Ranch / Chipotle / Buffalo /
Jerk / Pesto / Spicy Mustard /
Tzatziki / Balsamic Glaze

— SIDES AND APPS —

Fresh Fruit **.95**

Apple / Banana / Orange

Cheese Quesadilla **5.69**

Chips **1.09**

Baked Lays® / BBQ Baked Lays®

Chicken Quesadilla **6.69**

Dasani Water **1.79**

Housing and Dining at the University of Iowa cannot guarantee the accuracy of nutrition information. Nutrition and ingredient information may vary due to product substitutions and formulation by the manufacturer prior to product purchase by the University of Iowa. Additionally, cross contact and other variables are beyond the University's control. Individuals with food-related dietary concerns should be aware of this risk and understand that University Housing and Dining does not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any UI dining location.