

**Check Out Our Catering Menu**

Specializing in:  
Breakfast Meetings and  
Business Luncheons  
Call 48 Hours Ahead  
To Schedule Delivery  
0-3 Miles \$75 Minimum  
\$7 Delivery  
4-6 Miles \$125 Minimum  
\$12 Delivery  
7-9 Miles \$175 Minimum  
\$17 Delivery  
Some Restrictions Apply

**10% OFF**  
**catering**  
over \$175

With this coupon. Not valid with other offers. Exp. 10-31-17.

**Ask About Monthly Specials**

- Salad
- Sandwich
- Smoothie
- Latte
- Nutrition Shake
- Dessert

**Try Out Nutrition Zone**

**Detox Trim**  
Our New Line Of Pure Whole Fruit and Vegetable Shakes. Plus A Full Line Of Supplements To Customize Your Shake To Your Health Needs  
• Monthly 1/2 Price Supplement Add-Ins

**catering menu**

**BEVERAGES**

|  |   |
|--|---|
| <b>Bistro Box</b> (coffee to go).....  | <b>12.49</b>                              |
| Service includes: half and half, sugar, Sweet and Low, Equal, Splenda, cups and lids (serves 8 people). Choose from our specialty house roast, decaf, flavored coffees, tea, hot chocolate or vanilla cappuccino |   |
| <b>Orange Juice</b> (pint).....  | <b>1.99</b> (1/2 gallon)..... <b>4.99</b> |
| <b>Apple Juice</b> .....   | <b>1.55</b>                               |
| <b>Assorted Turkey Hill</b> (pint).....  | <b>1.75</b>                               |
| <b>Bottled Water</b> .....   | <b>1.55</b> (case)..... <b>19.99</b>      |

**BREAKFAST SELECTIONS**

**Bagel Packs**

|   |              |
|---|--------------|
| <b>#1 One Dozen Bagels</b> .....  | <b>14.25</b> |
| one tub of cream cheese, one tub of butter  |              |
| <b>#2 Two Dozen Bagels</b> .....  | <b>28.49</b> |
| two tubs of cream cheese, one tub of butter and preserves   |              |
| <b>#3 Three Dozen Bagels</b> .....  | <b>46.75</b> |
| four tubs of cream cheese, two tubs of butter and preserves<br>Above available sliced on platters for an additional 3.00 per platter. |              |

|   |              |
|---|--------------|
| <b>Pastry and Bagel Platter</b> (per person).....   | <b>2.65</b>  |
| Assortment of freshly baked bagels and our large pastries served on a tray with cream cheese, butter and preserves (minimum 12 people)        |              |
| <b>Assorted Pastry Platter</b> (per person).....  | <b>2.65</b>  |
| Assortment of our large muffins, Danish, crumbcake, twists and scones (minimum 12 people)   |              |
| <b>Fruit and Yogurt Parfait</b> (per person).....   | <b>3.25</b>  |
| Lowfat vanilla yogurt with strawberries and granola   |              |
| <b>Fresh Fruit Cups</b> (per person).....   | <b>3.25</b>  |
| Pineapple, honeydew, cantaloupe and red grapes  |              |
| <b>Fresh Fruit Salad</b> (by the pound).....  | <b>5.99</b>  |
| <b>Fresh Fruit Trays Large</b> (20+ people).....  | <b>49.99</b> |
| <b>Small</b> (up to 20 people).....   | <b>39.99</b> |
| Chunks of pineapple, honeydew, cantaloupe, red grapes and strawberries served with a creamy dip   |              |
| <b>Baked Oatmeal with Berries and Nuts</b> (up to 16 people).....   | <b>41.99</b> |
| Baked oatmeal served with fresh strawberries, walnuts, steamed milk and brown sugar   |              |
| <b>Whole Quiche</b> (serves 16).....  | <b>28.99</b> |
| Choose from our selection of house specialty quiches  |              |
| <b>Smoked Salmon Display</b> (per person).....  | <b>7.75</b>  |
| Nova lox garnished with lettuce, lemon, tomatoes, red onion and capers served with freshly baked bagels and cream cheese. (Minimum 10 people) |              |
| <b>Hot Breakfast Sandwiches</b> (per person).....   | <b>3.99</b>  |
| Egg and cheese sandwiches with an assortment of bacon, ham and sausage on our freshly baked bagels. Available on a tray, \$3 extra            |              |
| <b>Mini Pastry Tray</b> .....   | <b>25.99</b> |
| An assortment of 24 mini pastries arranged on a tray  |              |
| <b>Bagel Bite Tray</b> (serves 24).....   | <b>27.99</b> |
| An assortment of 7 dozen bagel bites on a tray with two tubs of cream cheese  |              |

Specializing in breakfast meetings and office luncheons

**LUNCH SELECTIONS**

|  |             |
|--|-------------|
| <b>Café Sandwich Tray</b> (per person).....  | <b>7.49</b> |
| An assortment of our oven roasted turkey, ham, chicken salad and tuna salad served on bagels and wraps. Served with pickles, chips, macaroni salad, coleslaw and condiments  |             |
| <b>Signature Sandwich Tray</b> (per person).....   | <b>8.49</b> |
| Assorted signature sandwiches, Rockefeller, Tribeca Club, Broadway, Greenwich, Times Square, 5th Ave. and Lady Liberty on our signature rolls, focaccia, wraps and bagels. Served with pickles, chips, macaroni salad, coleslaw and condiments |             |
| <b>Mix It Up Tray</b> (per person).....  | <b>7.99</b> |
| An assortment of all of the above  |             |

**SOUP**

|  |             |
|--|-------------|
| <b>Tomato Bisque Soup</b> (per person).....  | <b>3.49</b> |
| Our house signature soup served with fresh homemade croutons and cheddar cheese. Minimum 10 people |             |

**LARGE SALADS FOR A GROUP**  
(SERVES 16)

Grand Central salads provide yet another fresh alternative to the standard lunch options. Served with our fresh homemade croutons and assorted dressings:

Dressings: Italian, Bleu Cheese, Caesar, Oriental, 1000 Island, Balsamic Vinaigrette, Raspberry Vinaigrette and Ranch

|  |              |  |              |
|--|--------------|--|--------------|
| <b>Garden Salad</b> .....  | <b>54.99</b> | <b>Club Salad</b> .....  | <b>74.99</b> |
| Fresh greens, cucumber, tomato, green pepper, hard boiled egg, red onion, fresh homemade croutons and choice of dressing |              | Fresh greens, grilled chicken breast, bacon, hard boiled egg, cheddar cheese, tomato, and red onion topped with fresh homemade croutons and choice of dressing |              |
| <b>Chicken Caesar Salad</b> .....  | <b>64.99</b> |  |              |
| Romaine lettuce, chicken breast, fresh homemade croutons, red onion, tomato, parmesan cheese and Caesar dressing         |              |  |              |

**DESSERT SELECTIONS**

Ask about our dessert of the month

|   |             |
|---|-------------|
| <b>Cookies by the Dozen</b> .....                               | <b>6.99</b> |
| <b>Assorted Bar Tray</b> (per person) minimum 12 people.....    | <b>1.99</b> |
| Brownies, Tandy Cakes, Rice Krispies treats, seasonal specialty |             |

**GRAND CENTRAL CAFÉ'S POLICIES:**  
Thank you for giving us the opportunity to work with you. The following policies have been developed to ensure that we have time to coordinate your event so it meets your expectations.

1. Catering orders should be placed Monday thru Friday from 7:00am to 3:00pm
2. Orders require a minimum of **48 hour** advance notice; therefore, place your order as early as possible.
3. All cancellations should be communicated to Grand Central Catering staff as soon as possible. Should you need to cancel a function, please note that same-day cancellations may result in a 50% cancellation fee.
4. Payment can be made by cash, check or any major credit card to Grand Central Catering.

**GOOD MORNING DELICIOUS!**



Welcome to Grand Central Bagel Café where neighbors meet and become friends. Here at Grand Central we love our customers and greatly value your patronage. Our promise to you is to always give you our best service and the finest, freshest, quality products. Our bagels are baked fresh daily along with a wide variety of delectable baked goods. We serve Board Head quality meats and cheeses with no artificial flavors, colors or byproducts — quite a big deal in today's market where everybody's looking to cut corners. Our coffee is freshly roasted for us and delivered to us the next day.

Come in and enjoy our warm cozy atmosphere for breakfast, a snack or lunch. Meet with friends over a hot and steamy mocha or hold a business meeting using our free wireless access. Our staff is here to make your experience enjoyable.

Grand Central also specializes in catering breakfast meetings and office luncheons. We offer bagel and pastry trays, fresh fruit trays, baked oatmeal, quiches, soup, salads, sandwiches and desserts. Call and talk to one of our catering consultants.

*We look forward to serving you.*

**GRAND CENTRAL BAGEL CAFE**

**245 CENTERVILLE RD. • LANCASTER, PA 17603**  
Mon-Fri. 6am-4pm • Sat-Sun. 7am-3pm  
**717-299-0700**  
FAX 717-299-7006  
WWW.GRANDCENTRALBAGEL.COM

**GOOD MORNING DELICIOUS!**

**BAGEL CAFE**  
**GRAND CENTRAL**

**GC BC**  
**EST 1995**

**245 CENTERVILLE RD.**  
**LANCASTER, PA 17603**  
**717-299-0700**  
FAX 717-299-7006  
WWW.GRANDCENTRALBAGEL.COM  
Mon-Fri. 6am-4pm • Sat.-Sun. 7am-3pm



## CHILL FACTOR FROZEN DRINKS

|  | small | medium | large |
|--|-------|--------|-------|
| Espresso Smoothie  | 3.50  | 4.00   | 4.50  |
| Our house espresso blended with lowfat frozen yogurt<br>Flavors: mocha, caramel, vanilla, vanilla hazelnut |       |        |       |
| Fruit Blast  | 3.00  | 3.50   | 4.00  |
| Fruit puree blended with ice<br>Flavors: strawberry, strawberry/banana, mango                              |       |        |       |
| Fruit Smoothie   | 3.50  | 4.00   | 4.50  |
| Lowfat frozen yogurt blended with our fruit puree<br>Flavors: strawberry, strawberry/banana, mango         |       |        |       |
| Chai or Green Tea Smoothie   | 3.50  | 4.00   | 4.50  |

## ON THE ROCKS

|                                  | medium | large |
|----------------------------------|--------|-------|
| Iced Latte - Caramel or Vanilla  | 3.75   | 4.25  |
| Iced Mocha                       | 3.75   | 4.25  |
| Iced Coffee                      | 1.80   | 2.00  |
| Italian Soda                     |        | 2.50  |
| Fresh Brewed Iced Tea (one size) |        | 1.79  |
| Fountain Soda (one size)         |        | 1.79  |

## nutrition ZONE TRIM

### DETOX and REFRESH

- 5m. (12oz) 3.95 • Lg. (20oz) 4.95
- Green Giant**  
Crushed pineapple with ripe banana, kale, spinach and a hint of real lemon
- Carrot Top**  
Pink and white guava blended with passion fruit, carrots, banana and real orange
- Apple Zinger**  
Delicious tree-ripened apples with the zing of fresh ginger, wheatgrass and a hint of real lemon
- Berry Patch**  
Antioxidant-rich raspberries, strawberries, blackberries and blueberries—simple and naturally sweet  
Extra fruit or veggies add 50¢

5m. (12oz) 4.95 • Lg. (20oz) 5.95

- Mocha Melt**  
Rich Ghirardelli Chocolate blended with espresso, skim milk, 20g vanilla protein and "Burn Fat Burn"
- Berry Lean**  
Raspberries, strawberries, blackberries and blueberries blended with banana, flaxseed oil and "Burn Fat Burn"
- Cardio King**  
20g of protein blended with skim milk, flaxseed oil, fiber blend, strawberries and agave
- Almond Banana Bolt**  
40g of protein blended with skim milk, almond butter and a whole banana
- Green Goddess**  
Almond milk with 20g vanilla whey protein, banana, spinach, kale, avocado and flaxseed oil sweetened with agave

### BUILD and RECOVER

**Balance it out...**  
Add 20g pure natural protein for 1.25  
Essential amino acid to rebuild the body.  
Why or soy—chocolate or vanilla

## SUPPLEMENTS

75¢ EA.

- Daily Essentials**  
Keep your body running all day with all of the micronutrients the RDA recommends.
- Energizer**  
Mother Nature's natural zing. Eleuthero, ginkgo, bee pollen, ginseng, kola nut and white willow bark.
- Women's Blend**  
Anti-aging benefits of aloe, vitamin C and lycopene.
- Burn Fat Burn**  
Watch the fat MELT away! Chromium picolinate, garcinia, L-carnitine and inulin.
- Ultimate Recovery**  
All the nutrients to recover, while strengthening your immunity, bones and vision.
- Flaxseed Oil**  
The Omega-3 fatty acids your body needs to improve cardio, circulation, immune system and joints.
- Joint Blend**  
For superior joint health, hyaluronic acid, glucosamine, chondroitin sulfate and MSM.
- Fiber Blend**  
Lowers cholesterol, promotes healthy heart and aids in healthy digestion.
- Wheatgrass**  
Rich in vitamins A, B, C and E and all of the known mineral elements; purifies and detoxes the body.

## HOUSE FAVORITES ESPRESSO DRINKS

### ASK ABOUT OUR MONTHLY DRINK SPECIALS

Available in decaf or made with skim upon request.  
Made with soy milk, half and half or extra shot add .50

|  | small | medium | large |
|--|-------|--------|-------|
| <b>Classic Café Mocha</b>  | 3.50  | 4.00   | 4.50  |
| For the true blue chocolate lover, sweet ground Ghirardelli chocolate, whipped cream and chocolate sauce |       |        |       |
| <b>Sugar-Free Mocha</b>  | 3.50  | 4.00   | 4.50  |
| All of the rich chocolate flavor with none of the sugar, topped with whipped cream                       |       |        |       |
| <b>Irish Mocha</b>   | 3.50  | 4.00   | 4.50  |
| Sweet ground Ghirardelli chocolate, Irish cream syrup, topped with whipped cream and sprinkles           |       |        |       |
| <b>White Chocolate Mocha</b>   | 3.50  | 4.00   | 4.50  |
| Ghirardelli white chocolate, topped with whipped cream and cinnamon                                      |       |        |       |
| <b>Caramel Cream</b>   | 3.50  | 4.00   | 4.50  |
| Rich caramel sauce with a kiss of vanilla, topped with whipped cream and caramel                         |       |        |       |
| <b>Raspberry Truffle</b>   | 3.50  | 4.00   | 4.50  |
| Ghirardelli white chocolate and raspberry syrup, topped with whipped cream and sprinkles                 |       |        |       |
| <b>Cinnamon Honey Latte</b>  | 3.50  | 4.00   | 4.50  |
| Cinnamon spice with nature's sweet honey, topped with whipped cream and cinnamon                         |       |        |       |
| <b>Chai Latte</b>  | 3.50  | 4.00   | 4.50  |
| Black tea blended with ginger, honey, vanilla and rare spices  |       |        |       |

## THE CLASSICS TRUE BLUES

Add a flavor for .50. French vanilla, caramel, raspberry, Irish cream, hazelnut, almond. Most flavors available in sugar free.

|   | small  | medium | large  |
|---|--------|--------|--------|
| Coffee  | 1.65   | 1.85   | 2.00   |
| <b>Gourmet Hot Chocolate</b>                    | 2.50   | 3.00   | 3.50   |
| Made with Ghirardelli sweet ground chocolate    |        |        |        |
| <b>Steamer</b>                                  | 2.50   | 3.00   | 3.50   |
| Steamed milk with your choice of flavored syrup |        |        |        |
| <b>Tea (one size, assorted selections)</b>      |        |        | 1.80   |
|   | single | double | triple |
| <b>Espresso</b>                                 | 2.00   | 2.50   | 3.00   |
| <b>Cappuccino</b>                               | 2.75   | 3.25   | 3.75   |
| <b>Latte</b>                                    | 2.75   | 3.25   | 3.75   |
| <b>Americano</b>                                | 2.00   | 2.50   | 3.00   |
| <b>Café au Lait</b>                             | 2.00   | 2.50   | 3.00   |

## BREAKFAST GRILL

Choice of meat: sausage, bacon, Taylor ham or steak

|   |      |  |      |
|---|------|--|------|
| <b>The Classic</b>  | 3.99 | <b>The Garden</b>                                      | 3.99 |
| Meat, egg and cheese on your choice of bagel                  |      | Egg, cheddar, spinach and tomatoes on grilled focaccia |      |
| <b>Focaccia Grill</b>   | 4.19 | <b>Omelet Wrap</b>                                     | 4.49 |
| Meat, egg, cheese and roasted red peppers on grilled focaccia |      | 3 eggs, meat and cheese in a wrap                      |      |
|   |      | <b>No Meat</b>   | 3.49 |
|   |      | <b>Egg &amp; Cheese Bagel</b>                          | 2.99 |
| <b>No Meat</b>  | 3.19 | <b>Hash Browns</b>                                     | .99  |

## FRESH BAKED BAGELS, BREADS AND SWEETS

|                       |       |                                      |      |
|-----------------------|-------|--------------------------------------|------|
| Bagels Each           | .99   | Jelly                                | 1.65 |
| Baker's Dozen         | 10.25 | Hummus                               | 2.99 |
| <b>Bagels with:</b>   |       | <b>Super Cinnamon Bagel</b>          | 1.29 |
| Plain Cream Cheese    | 2.35  | <b>Artisan Rolls and Breads</b>      | 1.49 |
| Flavored Cream Cheese | 2.69  | <b>Baked Oatmeal Daily Varieties</b> |      |
| Butter or Margarine   | 1.65  | Sugar free or fruited                |      |
| Peanut Butter         | 2.35  |                                      |      |

**Cream Cheese Flavors:**  
plain, light plain, strawberry, blueberry, apple raisin cinnamon, garlic and herb, jalapeno and cheddar, olive and pimento, spinach artichoke, vegetable, lox and seasonal varieties

**Bagel Flavors:**  
blueberry, chocolate chip, cinnamon raisin, egg, everything, 7 grain, garlic, harvest, jalapeno cheddar, multigrain, onion, plain, poppy, pumpkinseed, rye, salt, sesame, spinach, sun-dried tomato, super cinnamon, whole wheat, seasonal varieties



## LITE FARE SOUP AND SALAD

Dressings: Italian, Ranch, Bleu Cheese, Caesar, 1000 Island, Balsamic Vinaigrette and Raspberry Vinaigrette

|  |      |  |      |
|--|------|--|------|
| <b>Grilled Chicken Caesar</b>  | 8.49 | <b>Chicken Taco</b>  | 8.99 |
| Mixed greens, chicken breast, tomato, red onion and Caesar dressing topped with shredded Italian cheese and fresh homemade croutons                                |      | Mixed greens, seasoned chicken breast, green peppers, black olives, red onions, tomatoes, cheddar cheese, salsa, tortilla strips and southwestern ranch dressing |      |
| <b>Strawberry Salad</b>  | 8.99 | <b>Garden Salad</b>  | 6.49 |
| Fresh spinach, grilled chicken breast, strawberries, feta cheese, and red onions topped with candied almonds and celery seed vinaigrette                           |      | Mixed greens, cucumber, tomato, green pepper, hard boiled egg and red onion topped with fresh homemade croutons and your choice of dressing                      |      |
| <b>Club Salad</b>  | 8.99 | <b>Add a Scoop of Chicken Salad or Tuna Salad for</b>  | 2.50 |
| Mixed greens, grilled chicken breast, bacon, hard boiled egg, cheddar cheese, tomato and red onion topped with fresh homemade croutons and your choice of dressing |      | <b>Small side salad</b>  | 3.99 |
| <b>Buffalo Chicken Salad</b>   | 8.99 | <b>Soup of the Day</b>   | 4.29 |
| Mixed greens, cucumber, tomato, spicy Buffalo chicken, red onion, coleslaw and bleu cheese dressing topped with fresh homemade croutons                            |      | Served with fresh homemade croutons or crackers  |      |
|  |      | <b>Quiche of the Day</b>   | 5.29 |
|  |      | <b>Yogurt and Fruit Parfait</b>  | 3.25 |
|  |      | <b>Fresh Fruit Cup</b>   | 3.25 |

The FDA advises consuming raw or undercooked meats, poultry, seafood or eggs increases your risk of foodborne illness. Prices subject to change without notice.

## DELI BOARD COLD SANDWICHES

Proud To Serve Boars Head

|  |      |  |      |
|--|------|--|------|
| <b>Long Island Lox</b>   | 8.19 | <b>Tribeca Club</b>  | 8.59 |
| Lox, cream cheese, tomato and red onion on choice of bagel   |      | Ham, roast beef or turkey, bacon, lettuce, tomato, red onion, mayo and cheese on your choice of bagel          |      |
| <b>Rockefeller</b>   | 8.19 | <b>Lady Liberty</b>  | 8.29 |
| Roast beef, provolone cheese, horseradish sauce, lettuce, red onion and tomato on a cheddar roll                           |      | Ham and Swiss topped with chipotle sauce, lettuce, tomato, red onion and chive cream cheese on a parmesan roll |      |
| <b>Greenwich Village</b>   | 7.29 | <b>Times Square</b>  | 7.29 |
| Roasted red peppers, lettuce, tomato, green pepper, red onion, cucumber, veggie cream cheese and chipotle mayo on focaccia |      | Turkey breast, lettuce, tomato, red onion and pesto mayo on an adagio roll                                     |      |
| <b>5th Avenue</b>  | 7.29 | <b>Empire Chicken Salad</b>  | 8.19 |
| Turkey breast, lettuce, cucumber, red onion and chipotle mayo on focaccia  |      | Chicken salad, bacon, cheddar cheese, lettuce and tomato in a wrap   |      |
| <b>Seaport Tuna</b>  | 7.29 |  |      |
| Tuna salad, cucumber, lettuce, green pepper and tomato in a wrap   |      |  |      |
| <b>Chrysler BLT</b>  | 6.99 |  |      |
| Classic bacon, lettuce, tomato and mayo on choice of bagel   |      |  |      |



## FROM THE GRILL GRILLED SANDWICHES

All sandwiches served with your choice of side and a pickle

|  |      |  |      |
|--|------|--|------|
| <b>Grand Central Chicken</b>   | 8.19 | <b>Broadway...It's a Wrap</b>  | 7.99 |
| Grilled chicken breast, roasted red peppers, Monterey Jack cheese and tomato garlic sauce on an Astago roll              |      | Grilled chicken breast strips, caesar dressing, red onion, parmesan cheese, lettuce and tomato in a wrap |      |
| <b>Upper East Side</b>   | 8.79 | <b>Ellis Island</b>  | 8.49 |
| Grilled steak and onions with provolone cheese, avocado, roasted red peppers and pesto sauce on parmesan roll            |      | Grilled chicken, sauerkraut, Swiss cheese and thousand island dressing on rye bagel                      |      |
| <b>Buffalo Chicken</b>   | 8.19 | <b>Brooklyn BBQ Chicken</b>  | 8.69 |
| Grilled chicken breast, spicy Buffalo sauce, bleu cheese dressing, lettuce and coleslaw on your choice of wrap           |      | Grilled chicken, onions, bacon, melted cheddar cheese, tomato, lettuce and honey bbq sauce on a wrap     |      |
| <b>Harlem Chicken</b>  | 8.49 |  |      |
| Grilled chicken breast, ham, Swiss cheese, pickles, mayo and deli mustard on a French roll                               |      |  |      |
| <b>Bronx Beef</b>  | 8.29 |  |      |
| Grilled sliced steak, grilled onion, Monterey Jack cheese and AI sauce on a French roll                                  |      |  |      |
| <b>Carnegie Hall Pastrami</b>  | 7.99 |  |      |
| Hot pastrami, grilled onions, Swiss cheese and deli mustard on your choice of bagel                                      |      |  |      |
| <b>Park Ave.</b>   | 8.29 |  |      |
| Grilled ham, Swiss, onions with coleslaw and thousand island dressing  |      |  |      |
| <b>Queens Quesadilla</b>   | 8.79 |  |      |
| Grilled chicken, red onion, green peppers and cheddar cheese in a crispy flour tortilla served with salsa and sour cream |      |  |      |



**Check Out Our Catering Menu**  
Specializing In:  
Breakfast Meetings and Business Luncheons  
Call 48 Hours Ahead To Schedule Delivery  
0-3 Miles \$75 Minimum \$7 Delivery  
4-6 Miles \$125 Minimum \$12 Delivery  
7-9 Miles \$175 Minimum \$17 Delivery  
Some Restrictions Apply

**10% OFF catering**  
over \$175

With this coupon, not valid with other offers. Exp. 12-31-17.

**Ask About Monthly Specials**

- Salad
- Sandwich
- Smoothie
- Latte
- Nutrition Shake
- Dessert

**Try Out Nutrition Zone**  
Detox  
Trim  
Recover  
Our New Line Of Pure Whole Fruit and Vegetable Shakes, Plus A Full Line Of Supplements To Customize Your Shake To Your Health Needs  
• Monthly 1/2 Price Supplement Add-Ins