

SMOOTHIE MENU GUIDE

Independent menu catalog snapshot · October 10, 2026

Not an official Smoothie King menu. Verify local recipes, prices, and availability.

Get Fit (20)

- Gladiator Chocolate
- Gladiator Strawberry
- Gladiator Vanilla
- Orangetheory All Out Smoothie
- Original High Protein Banana
- Original High Protein Chocolate
- Original High Protein Lemon
- Original High Protein Pineapple
- Peanut Power Plus
- Peanut Power Plus Chocolate
- Peanut Power Plus Strawberry
- Power Punch Plus
- The Activator Recovery Blueberry Strawberry
- The Activator Recovery Chocolate
- The Activator Recovery Pineapple
- The Activator Recovery Pineapple Spinach
- The Activator Recovery Strawberry Banana
- The Hulk Chocolate
- The Hulk Strawberry
- The Hulk Vanilla

Feel Energized (23)

- Coffee D-Lite Mocha
- Coffee D-Lite Vanilla
- Coffee High Protein Almond Mocha
- Coffee High Protein Vanilla
- Espresso D-Lite Mocha
- Espresso D-Lite Vanilla
- Espresso High Protein Almond Mocha
- Espresso High Protein Vanilla
- Gladiator Chocolate Coffee
- Gladiator Chocolate Espresso
- Keto Champ Coffee
- Keto Champ Espresso
- Pumpkin Coffee High Protein Cold Brew
- Pumpkin Coffee High Protein Espresso
- Pure Recharge Mango Strawberry
- Pure Recharge Pineapple
- Pure Recharge Strawberry
- The Activator Recovery Coffee
- The Activator Recovery Espresso
- The Hulk Coffee
- The Hulk Espresso
- Vegan Coffee Mocha

- Vegan Espresso Mocha

Manage Weight (19)

- Keto Champ Berry
- Keto Champ Chocolate
- MangoFest
- Metabolism Boost Dark Chocolate Banana
- Metabolism Boost Mango Ginger
- Metabolism Boost Strawberry Pineapple
- Power Meal Slim Chocolate
- Power Meal Slim Strawberry
- Power Meal Slim Vanilla
- Pumpkin Keto Champ
- Pumpkin Slim-N-Trim
- Slim-N-Trim Blueberry
- Slim-N-Trim Chocolate
- Slim-N-Trim Strawberry
- Slim-N-Trim Vanilla
- Slim-N-Trim Veggie
- The Shredder Chocolate
- The Shredder Strawberry
- The Shredder Vanilla

Be Well (25)

- Blueberry Heaven
- Collagen Power Pineapple Kale
- Daily Warrior
- Gut Health Papaya Mango Ginger
- High Protein Greek Yogurt Gut Health Pineapple Mango
- High Protein Greek Yogurt Gut Health Strawberry Banana
- High Protein Greek Yogurt Gut Health Strawberry Blueberry
- High Protein Greek Yogurt Pineapple Mango
- Hydration Berry
- Hydration Pineapple Mango
- Immune Builder Mixed Berry
- Immune Builder Veggie Superfood
- Power Meal Blueberry Raspberry
- Power Meal Cinnamon Banana
- Power Meal Spinach Pineapple
- Pumpkin Power Meal
- Pumpkin Vegan
- Vegan Dark Chocolate Banana
- Vegan Mango Kale
- Vegan Mixed Berry
- Vegan Nutty Super Grain
- Vegan Pineapple Spinach
- Veggie Apple Kiwi Kale
- Veggie Carrot Kale Dream
- Veggie Lemon Ginger Spinach

Fruit Classics (15)

- Angel Food
- Angel Food Slim
- Banana Berry Treat
- Banana Boat
- Berry Punch
- Caribbean Way
- Island Impact
- Lemon Twist Banana
- Lemon Twist Strawberry
- Muscle Punch
- Pineapple Surf
- Pumpkin D-Lite
- Strawberry X-Treme
- Strawberry-Kiwi Breeze
- Yogurt D-Lite

GLP-1 (11)

- Gladiator GLP-1 Chocolate
- Gladiator GLP-1 Strawberry
- Gladiator GLP-1 Vanilla
- Keto Champ GLP-1 Berry
- Keto Champ GLP-1 Chocolate
- Power Meal Slim GLP-1 Chocolate
- Power Meal Slim GLP-1 Strawberry
- Power Meal Slim GLP-1 Vanilla
- Pumpkin GLP-1 Slim-N-Trim
- Slim-N-Trim GLP-1 Mango Greens
- The Activator Recovery GLP-1 Almond Berry

Kids (8)

- Apple Kiwi Bunga
- Berry Interesting
- Choc-A-Laka
- CW Jr.
- Lemon Twist Strawberry
- Lil Angel
- Strawberry Bluegurt Blitz
- Strawberry Kiwi Breeze

Bowls (12)

- A ai Cocoa Haze Bowl
- Bee Berry Sting Bowl
- Berry Goji Getaway Bowl
- Coco Colada Bowl
- Coco Pitaya-Yah Bowl
- Go Coconuts Bowl
- Go Go Goji Crunch Bowl
- High Protein Greek Yogurt Honey Berry Bowl
- High Protein Greek Yogurt PB Banana Bowl
- Hive Five Bowl
- PB Delight Bowl

- PB Swizzle Bowl

Food (12)

- Chicken Bites
- Chicken Chipotle Flatbread
- Chicken Flatbread No Sauce
- Chicken Pesto Flatbread
- Chicken Ranch Flatbread
- Egg & Avocado Signature Toast
- Egg Clouds Turkey Bacon
- Egg Clouds Turkey Sausage
- Egg Clouds Veggie
- Loaded Avocado Toast
- Loaded Chocolate Hazelnut Toast
- Loaded Peanut Butter Toast

Drinks (8)

- Alani Nu Pink Slush
- Alani Nu Sherbert Swirl
- Alani Nu Strawberry Sunrise
- CELSIUS Peach Vibe
- CELSIUS Sparkling Orange
- CELSIUS Tropical Vibe
- Smoothie King Bottled Water (1L)
- Smoothie King Bottled Water (16.9 fl oz)

Snacks (16)

- Barebells Protein Bar Chocolate Dough
- Barebells Protein Bar Cookies & Caramel
- Barebells Protein Bar Creamy Crisp
- Ostrim Beef & Ostrich Stick Habanero
- Ostrim Beef & Ostrich Stick Original
- Ostrim Beef & Ostrich Stick Teriyaki
- Protein Box Eggs & Cheese
- Protein Box Peanut Butter & Fruit
- Quest Tortilla Chips Chili Lime
- Quest Tortilla Chips Loaded Taco
- Quest Tortilla Chips Salsa Verde
- Smoothie King Banana Chips
- Smoothie King Dark Chocolate Cashews
- Smoothie King Milk Chocolate Almonds
- Smoothie King Yogurt Pretzels
- Smoothie King Yogurt Trail Mix

Supplements (3)

- Gladiator Protein Chocolate
- Gladiator Protein Strawberry
- Gladiator Protein Vanilla

Verified Hickory, NC pickup sample prices (Oct 10, 2026):

Angel Food: \$7.09 / \$9.59 / \$11.59 (20 / 32 / 44 fl oz)

Gladiator Chocolate: \$7.59 / \$10.09 / \$12.09 (20 / 32 / 44 fl oz)

Acai Cocoa Haze Bowl: \$12.29.

Sample pickup prices at 225 12th Ave. NE, Hickory, NC, checked October 10, 2026.

Prices and availability vary by store; checkout totals may include additional charges.

Official menu: smoothieking.com/menu · Order at your selected store before visiting.