



360-922-0819

<http://www.ordervikingfood.com>

Emerald City Smoothie

**** Attention Customers ****

Dine-in/take-out prices may vary.

Single-use items, such as plasticware, chopsticks, condiments, and napkins, will not be included unless requested.

Distance Charge

We happily deliver to surrounding areas! The \$4.99 delivery fee covers the first 4 miles from the restaurant. A \$1.25 pro-rated, taxable, distance fee will automatically apply for each additional mile. Your driver receives the entire delivery fee and tip. If you have any questions, please call us at 360-922-0819. A working phone number is required to order.

10% of the price is given to the Emerald City staff as a tip!

Go Green

The Emerald \$9.49

24 oz 290 cal/1/21 | 32 oz 360 cal/1/21. Strawberry, banana, spinach, blueberry, and whey protein.

The Emerald w/ Peanut Butter \$10.06

24 oz 525 cal/4/29 | 32 oz 595 cal/4/29. Strawberry, banana, spinach, blueberry, whey protein and peanut butter.

Vegan Dream \$9.20

24 oz 330 cal/0/12 | 32 oz 430 cal/0/12. Strawberry, banana, spinach, vegan protein, and Chia.

Zip Zip \$10.35

24 oz 230 cal/0/23 | 32 oz 265 cal/0/23. Apple, banana, bee pollen, soy milk, and whey protein.

Acai & Greens \$10.64

24 oz 360 cal/0/23 | 32 oz 410 cal/0/0. Acai, strawberry, pineapple, orange, and spinach.

Boost My Immune System

Raspberry Dream \$8.91

24 oz 320 cal/0/15 | 32 oz 390 cal/0/15. Raspberry, strawberry, and whey protein.

Immunity Nectar \$8.63

24 oz 375 cal/0/8 | 32 oz 495 cal/0/8. Banana, strawberry, mango, whey protein, and multi-vitamin.

Quick Start \$8.91

24 oz 270 cal/0/14 | 32 oz 375 cal/0/14. Strawberry, orange, and whey protein.

Blueberry Blast \$8.63

24 oz 360 cal/0/9 | 32 oz 400 cal/0/9. Blueberry, strawberry, and whey protein.

Marionberry Fuel \$8.63

24 oz 370 cal/0/9 | 32 oz 415 cal/0/9. Marionberry, strawberry, and

<i>whey protein.</i>	
Mt. Berry Blast	\$8.91
Sambazon	\$8.91
24 oz 420 cal/1/8 32 oz 460 cal/1/8. Acai, strawberry, cranberry, almond milk, and whey protein.	
Acai Fusion	\$9.49
24 oz 360 cal/0/9 32 oz 410 cal/0/9. Strawberry, pineapple, orange, acai, and whey protein.	
Mango Berry	\$10.06
24 oz 410 cal/0/14 32 oz 410 cal/0/14. Mango, strawberry, banana, whey protein, and multi-vitamin.	
Zone Zinger	\$12.65
24 oz 375 cal/1/24 32 oz 475 cal/1/24. Strawberry, papaya, cranberry, lemon, whey protein, multi-vitamin, and flax.	
Orange Cream	\$10.06

Bulk Me Up

The Builder	\$14.66
32 oz 1240 cal/14/61. Whey protein, peanut butter, banana, chocolate, Gainer, ice cream, and nonfat milk. Cannot be made vegan.	
Mega Mass	\$9.78
24 oz 585 cal/6/28 32 oz 680 cal/6/28. Your choice of flavor, banana, whey protein, ice cream, and Gainer. Cannot be made vegan.	
Mini Mass	\$8.91
24 oz 470 cal/6/21 32 oz 565 cal/6/21. Your choice of flavor, banana, whey protein, and ice cream. Cannot be made vegan.	
Nutty Banana	\$8.91
24 oz 715 cal/4/30 32 oz 1,100 cal/8/40. Banana, peanut butter, whey protein, and nonfat milk.	
Chunky Monkey	\$10.35

Nourish My Body

Berry Berry	\$8.63
24 oz 390 cal/0/9 32 oz 430 cal/0/9. Strawberry, blueberry, raspberry, and whey protein.	
Power Fuel	\$9.20
24 oz 525 cal/1/42 32 oz 620 cal/1/42. Strawberry, banana, recovery, and whey protein.	
Peanut Passion	\$8.91
24 oz 550 cal/4/19 32 oz 950 cal/8/30. Strawberry, peanut butter, banana, and whey protein.	
Coconut Passion	\$12.36
24 oz 600 cal/13/26 32 oz 660 cal/13/26. Coconut, pineapple, banana, almonds, whey protein, and nonfat milk.	
Guava Sunrise	\$11.21
24 oz 388 cal/0/14 32 oz 390 cal/0/14. Guava, strawberry, raspberry, orange, and whey protein.	
South Pacific	\$11.21
24 oz 345 cal/0/12 32 oz 610 cal/17/9. Banana, strawberry, pineapple, coconut, and nonfat milk.	
Rejuvenator	\$8.91
24 oz 335 cal/0/20 32 oz 430 cal/0/20. Strawberry, banana, whey protein, nonfat milk, and multi-vitamin.	
Tropical Paradise	\$10.93
24 oz 345 cal/0/12 32 oz 345 cal/0/12. Pineapple, kiwi, orange, banana, nonfat milk, and whey protein.	
PB&J	\$9.78
24 oz 620 cal/4/19 32 oz 960 cal/8/30. Strawberry, peanut butter, blueberry, marionberry, raspberry,	

and whey protein.

Mango Mania \$10.35

24 oz 290 cal/0/7 | 32 oz 345 cal/0/7. Pineapple, mango, and whey protein.

Zesty Lemon \$9.20

24 oz 420 cal/6/17 | 32 oz 600 cal/6/17. Lemon, strawberry, ice cream, and whey protein. Cannot be made vegan.

Mocha Bliss \$9.49

24 oz 525 cal/1/34 | 32 oz 535 cal/1/34. Mocha, chocolate, almond milk, whey protein, and nonfat milk. Cannot be made vegan.

Help Me Lose Weight

Fruity Supreme \$8.34

24 oz 270 cal/0/8 | 32 oz 360 cal/0/8. Strawberry, banana, and nonfat milk.

Island Breeze \$10.93

24 oz 240 cal/0/2 | 32 oz 300 cal/0/2. Strawberry, papaya, and banana.

Pacific Splash \$8.91

24 oz 240 cal/0/3 | 32 oz 300 cal/0/3. Strawberry, orange, and banana.

Slim N Fit \$8.63

24 oz 350 cal/0/28 | 32 oz 420 cal/0/28. Your choice of flavor, banana, nonfat milk, whey protein, and fat burner.

Lean Body \$10.35

24 oz 330 cal/2.5/40. Your choice of flavor. Cannot be made vegan.

Low Carb \$10.35

Your choice of flax or peanut butter, whey protein, and banana.

Energizer \$9.20

24 oz 345 cal/0/20 | 32 oz 440 cal/0/20. Strawberry, banana, whey protein, nonfat milk, multi-vitamin, energy, and fiber.

Just Peachy \$12.65

24 oz 230 cal/0/8 | 32 oz 260 cal/0/8. Peach, strawberry, papaya, and whey protein.

Orange Twister \$8.91

24 oz 130 cal/0/8 | 32 oz 130 cal/0/8. Orange, banana, whey protein, and energy.

Pineapple Bliss \$11.21

24 oz 185 cal/0/1 | 32 oz 185 cal/0/1. Pineapple, papaya, orange, and banana.

Lean Out \$10.06

24 oz 600 cal/5/56 | 32 oz 900 cal/9/67. Banana, peanut butter, whey protein, and nonfat milk.

16 Oz Options

Berry Berry - 16 Oz \$7.48

250 cal/0/8

Blueberry Blast - 16 Oz \$7.48

210 cal/0/7

Fruity Supreme - 16 Oz \$7.48

240 cal/0/4

Guava Sunrise - 16 Oz \$8.91

200 cal/0/7

Immunity Nectar - 16 Oz \$7.48

Island Breeze - 16 Oz \$8.91

175 cal/0/1

Just Peachy - 16 Oz \$9.20

190 cal/0/7

Mango Berry - 16 Oz \$8.05

Mango Mania - 16 Oz \$8.63

160 cal/0/6

Marionberry Fuel - 16 Oz \$7.48

Pacific Splash - 16 Oz \$7.48

170 cal/0/2

Peanut Passion - 16 Oz	\$7.48
<i>310 cal/2/13</i>	
Nutty Banana - 16 Oz	\$7.48
Pineapple Bliss - 16 Oz	\$9.20
<i>110 cal/0/1</i>	
Orange Twister - 16 Oz	\$7.48
Raspberry Dream - 16 Oz	\$7.48
<i>225 cal/0/8</i>	
Quick Start - 16 Oz	\$7.48

Acai Bowls

All bowls are 16 oz.

Banana Berry Crunch	\$13.51
<i>Acai, strawberry, blueberry, and banana. Toppings: granola with almonds, berries, banana, and agave nectar.</i>	
Health Nut	\$13.51
<i>Acai, strawberry, blueberry, and banana. Toppings: granola w/ almonds, peanut butter, dried goji berries, and almond slices.</i>	
Triple Berry	\$12.65
<i>Strawberries, raspberries, blueberries, and banana. Toppings: honey almond granola, peanut butter, and banana.</i>	
Tropical Bliss	\$13.51
<i>Acai, mango, pineapple, and strawberries. Toppings: honey almond granola, banana, dried goji berries, and coconut flakes.</i>	
Pina Colada	\$12.65
Power Bowl	\$13.51

Calories/Saturated Fat/Protein

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

****These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.***