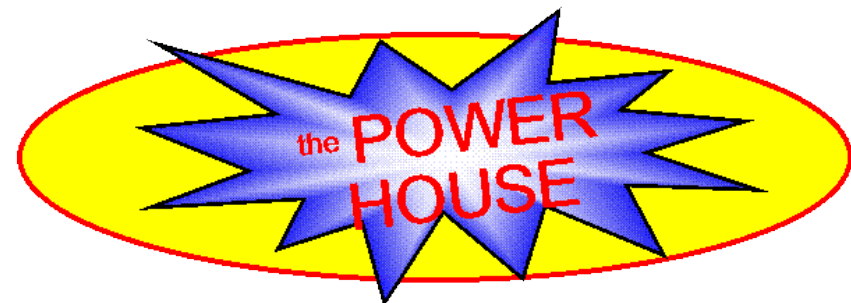


Low - Fat Smoothies

<i>Guava Cooler</i>	\$2.99
Guava & Pineapple Juices Raspberries & Banana Yogurt & Ice (20 oz.)	
<i>Instant Vigor</i>	\$2.99
Raspberry Juice Raspberries & Banana Yogurt & Ice (20 oz.)	
<i>Hawaiian Treat</i>	\$2.99
Papaya Juice Strawberries & Banana Yogurt (20 oz.)	
<i>Mango Madness</i>	\$2.99
Mango, Peach & Strawberries Yogurt & Ice (20 oz.)	
<i>Pineapple Treat</i>	\$2.99
Papaya Juice Banana & Pineapple Ice (20 oz.)	
<i>Cocktail Punch</i>	\$2.99
Guava, Papaya & Pineapple Juices Banana & Strawberries Ice (20 oz.)	
<i>Finish Line</i>	\$2.99
Apple, Orange & Pineapple Juices Banana & Strawberries Yogurt & Ice (20 oz.)	
<i>Berry Berry Plus</i>	\$4.29
Strawberry, Blueberry, Raspberry, Apple, Protein, Honey and Skim Milk or Soy (24 oz.)	
<i>Myoplex</i>	\$5.54
Any two fruits with Water or Milk or Juice	

Power - Punched Smoothies

<i>The PowerHouse</i>	\$3.99
Guava & Papaya Juice Raspberries & Banana, Apple, Strawberries & Blueberries Yogurt & Ice (24 oz.)	
<i>YMCA Classic</i>	\$3.59
Strawberries or Apple & Banana, Skim Milk, Protein Powder, Honey & Ice (24 oz.)	
<i>The Big "Y" Guy</i>	\$3.59
Apple & Cranberry Juices Strawberries, Raspberries Blue berries & Banana, Yogurt & Ice (24 oz.)	
<i>Busy Body</i>	\$3.99
Your Choice of Juice, Banana & Apple Whey Protein Powder (24 oz.)	
<i>Peanut Butter</i>	\$4.29
Apple & Banana, Skim Milk, Peanut Butter, Whey Protein Powder, Honey & Ice (24 oz.)	
<i>The Big "Y" Guy Plus</i>	\$4.29
Apple & Cranberry Juices, Strawberries, Raspberries, Blueberries & Banana Whey Protein Powder, Yogurt & Ice(24 oz.)	
<i>Lemon Mango</i>	\$4.29
Banana, Mango, Lemon, Honey, Mango Juice, (24 oz.)	



Make it a 32 oz for just \$1 more!

Make it a 32 oz for just \$1 more!

Make it a 32 oz for just \$1 more!

The Power House has been in business since 1996. We started out on the 3rd floor of the Downtown Dallas YMCA.

In 2000, when all of the renovation took place we moved to our current location in the YMCA.

PEOPLE - that is the secret to our success as a business. We love the relationships that we have built over the years. We love seeing and serving them. We look forward to their next visit. We would hope it is sooner rather than later.

WE CATER!

The Power House caters all types of events.

We ask that you please place your order 24 hours in advance.

Ask for Adam

972-560-3883

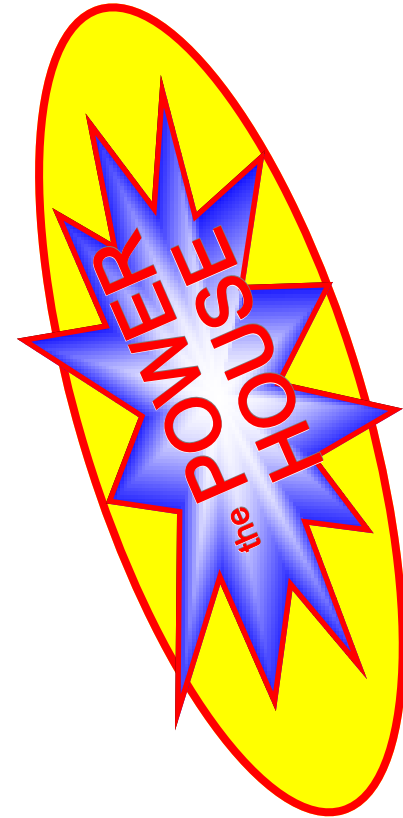
www.powerhousedeli.com

The Power House Deli &
Smoothie Bar

601 N. Akard Street
Dallas, Texas 75201

972-560-3883

www.powerhousedeli.com



Mon - Thur 6:30 am - 9:30 pm
Friday 6:30 am - 6:00 pm
Saturday 10:00 am - 3:00 pm
Sunday - Closed