

Regular Smoothies

\$4.40

Satisfying Strawberry

Strawberry Juice, Strawberries, Banana,
Non-Fat Vanilla Yogurt

Outrageous Orange

Orange Juice, Strawberries, Banana,
Orange Sherbet

Peachy Peach

Guava Juice, Peaches, Banana,
Non-Fat Vanilla Yogurt

Passion Pineapple

Apple Juice, Double Pineapple, Orange Sherbet

Cool Cranberry

Cranberry Juice, Cranberries, Banana,
Non-Fat Vanilla Yogurt

Create Your Own Smoothie

1 Juice, 2 Fruits, Non-Fat Yogurt or Sherbet

Specialty Smoothies

\$4.63

Marvelous Mango

Guava Juice, Mango, Strawberries,
Non-Fat Vanilla Yogurt

Chuck Berry

Apple Juice, Strawberry Juice, Pineapples,
Strawberries, Banana, Orange Sherbet

V8 Splash

V8 Splash Berry Blend, Strawberries, Blueberries,
Raspberry Sherbet

Blasting Blueberry

Apple Juice, Blueberries, Banana,
Non-Fat Vanilla Yogurt

Coffee

Fresh Brewed Coffee, Chocolate Syrup,
Non-Fat Vanilla Yogurt

RiverRun

Pineapple Juice, Banana, Strawberries,
Pineapple Sherbet

Raging Raspberry

Guava Juice, Raspberries, Banana,
Raspberry Sherbet

Marvtastic

Strawberry Juice, Strawberries, Blueberries,
Non-Fat Vanilla Yogurt

Peanut Butter

Milk, Peanut Butter, Chocolate Syrup,
Non-Fat Vanilla Yogurt

Pina Colada

Pina Colada Mix, Pineapples, Banana,
Non-Fat Vanilla Yogurt

Call 724-2363 to Advertise on Our Menu



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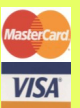
MENU



Open
Monday-Saturday
11:00 am - 5:00 pm

1003 Brookstown Ave
Winston-Salem, NC
336-724-2363

Place Your Orders Online
WWW.FLASHBACKSMOOTHIES.COM



**Old Fashion
Toasted Hotdogs
& Burgers**



**All The Way:
Mustard, Slaw, Chili,
Onion, Ketchup.**

Available Upon Request: Relish & Sauerkraut

- Toasted All Beef Hotdog **1.99**
- Toasted Turkey Hotdog **2.10**
- Toasted Smoke Sausage Dog **3.15**
- Angus Beef Cheeseburger **3.25**

- Flashback Hotdog Combo**
- 2 Hotdogs, Chips with Drink **5.90**
 - 2 Hotdogs, Chips with Milkshake **7.75**
 - 2 Hotdogs, Chips with Smoothie **8.35**
 - 2 Hotdogs, Chips w/ Spec Smoothie **8.50**

- Turkey Hotdog Combo Additional **.20**
- Add cheese **.25**



- Flashback Angus Cheeseburger Combo**
- Cheeseburger, Chips with Drinks **5.40**
 - Cheeseburger, Chips with Milkshake **6.95**
 - Cheeseburger, Chips with Smoothie **7.95**
 - Cheeseburger, Chips w/Spec.Smoothie **8.20**
 - Add bacon **.50**



**Big Hot Soft
Pretzels**

- Plain, Salted, Cinnamon & Sugar **2.25**



**FRESHLY MADE
COLD & TOASTED SUBS**

Available Toppings:

Provolone Cheese, Mustard, Mayonnaise,
Lettuce, Tomatoes, Onions, Vinegar, Oil,
Pickles, Banana Peppers, Salt & Pepper

Served on Toasted Wheat Bread

- Vegetarian** **3.50**
- Heavenly Ham** **3.95**
- Tasty Turkey** **4.05**
- Matthew's Club** **4.45**
- Ham, Turkey, Bacon*
- Michael's BLT Sub** **4.15**
- Bacon, Lettuce, Tomatoes*
- Homemade Chicken Salad** **4.35**



**OVEN ROASTED
ROTISSERIE WINGS**

- Six Wings **4.95**
- Twelve Wings **9.85**



**Place Your Orders Online
WWW.FLASHBACKSMOOTHIES.COM**

**One FREE Supplement
Included with Smoothie**

Protein Powder
Great for muscle toning
and a low-fat diet

Ginseng
Energy Booster

Brewer's Yeast
Contains major B-Vitamins,
Amino Acids and Iron

Lecithin
Breaks down fat
and cholesterol

Ice Cream

Assorted Flavors

- Single Scoop **2.25**
- Double Scoop **3.25**

- Strawberry
- Vanilla
- Chocolate
- Banana
- Butter Pecan
- Cookies and Cream
- Orange Sherbet
- Black Cherry
- Non-Fat Vanilla Yogurt
- Pineapple Sherbet
- Raspberry Sherbet
- Banana Pudding

MILKSHAKES

Made with all Ice Cream Flavors **3.25**

COLD DRINKS

Bottled Drinks/Water **1.45**

ASSORTED CHIPS

.75

*Additional
Free Parking
Available in
Gated Parking
Lot Beside
Building*

