



(706) 705-7226

<http://www.dinnerdeliveredrome.com>

Spartan Smoothies

Fan Favorites

Pink Paradise

Pink Guava, fresh Pineapples and Strawberries with any base

16oz Pink Paradise	\$7.50
24oz Pink Paradise	\$8.45
32oz Pink Paradise	\$9.85

Fantasy Island

Raspberry Puree, fresh: strawberries & blueberries w/ orange sherbert

16oz Fantasy Island	\$7.50
24oz Fantasy Island	\$8.75
32oz Fantasy Island	\$10.00

Palmer Special

Pink Guava, Orange Juice, Pineapple

16oz Palmer Special	\$6.59
24oz Palmer Special	\$7.50
32oz Palmer Special	\$9.19

Georgia Peach

Peach Puree, fresh peaches, any base

16oz Georgia Peach	\$6.89
24oz Georgia Peach	\$9.09
32oz Georgia Peach	\$10.45

Cookies & Cream

16oz Cookies & Cream	\$5.35
24oz Cookies & Cream	\$6.25
32oz Cookies & Cream	\$7.50

The Maddie

Passion Fruit & Mango Puree w/ fresh pineapples & any base

16oz The Maddie	\$6.89
24oz The Maddie	\$7.85
32oz The Maddie	\$9.69

Peanut Butter Blast

peanut butter or PB Fit with any Base

16oz Peanut Butter Blast	\$6.89
24oz Peanut Butter Blast	\$7.85
32oz Peanut Butter Blast	\$8.75

Tigers Blood

Strawberry puree & Coconut milk

16oz Tigers Blood	\$5.95
24oz Tigers Blood	\$6.89
32oz Tigers Blood	\$9.09

Peanut Butter Cookies & Cream

16oz Peanut Butter Cookies & Cream	\$5.95
24oz Peanut Butter Cookies & Cream	\$7.19
32oz Peanut Butter Cookies & Cream	\$8.45

Dole Whipper

Orange-pineapple, Ice Cream, fresh pineapple

16oz Dole Whipper	\$6.59
24oz Dole Whipper	\$7.50
32oz Dole Whipper	\$9.69

Green Smoothies

Note on Menu Pricing

To offer the convenience of delivery, pricing on Dinner Delivered's website is not the same as in-store pricing

Lighter Side

The Elvis

Chocolate, Peanut butter or PB Fit, Fresh Banana

16 oz The Elvis	\$6.89
24 oz The Elvis	\$8.69
32 oz The Elvis	\$9.95

Slim & Tone

Pure Protein, any flavors, Fiber Fuel Boost

16 oz Slim & Tone	\$6.59
24 oz Slim & Tone	\$8.15
32 oz Slim & Tone	\$10.95

Fat Burner

Power Shake Protein, any flavors, boost of

Fat Burner

16 oz Fat Burner	\$6.89
24 oz Fat Burner	\$8.69
32 oz Fat Burner	\$10.95

Carb Cutter

Pure Protein and any Sugar Free Flavor

16 oz Carb Cutter	\$6.59
24 oz Carb Cutter	\$8.15
32 oz Carb Cutter	\$10.35

Protein Smoothies

The Hampton

Almond Milk, Greek Yogurt, honey peanut butter, oats, fresh banana, Pure Protein

16 oz The Hampton	\$8.75
24 oz The Hampton	\$10.00
32 oz The Hampton	\$11.25

Dr. Feelgood

Acai Wildberry, OJ, multivitamin, Matcha, Recovery, Organic Greens, Fresh: pineapple, strawberries, blueberries, Honey and Pure Protein

16 oz Dr. Feelgood	\$8.75
24 oz Dr. Feelgood	\$10.00
32 oz Dr. Feelgood	\$11.25

Peaches and Cream

Peach puree, yogurt, oats, Vanilla Protein

16 oz Peaches and Cream	\$7.85
24 oz Peaches and Cream	\$9.09
32 oz Peaches and Cream	\$10.65

Power Shake

Power Shake Protein any flavors

16 oz Power Shake	\$6.59
24 oz Power Shake	\$8.15
32 oz Power Shake	\$10.35

Muscle Builder

Muscle Builder Protein any flavors

16 oz Muscle Builder	\$6.89
24 oz Muscle Builder	\$8.69

page 1

Spartan Smoothies

315 Riverside Dr Rome, GA 30161

Delivery Hours

Monday: 10:30am - 8:30pm

Tuesday: 10:30am - 8:30pm

Wednesday: 10:30am - 8:30pm

Thursday: 10:30am - 8:30pm

Friday: 10:30am - 8:30pm

Saturday: 10:30am - 8:30pm

Sunday: 12:00pm - 6:30pm

Special Instructions

Click below to Add Special Instructions to your Delivery Order

Special Instructions

Select this option to guarantee Dinner Delivered and this Restaurant notices your Special Instructions. After you have selected this option, click the "Customize Item" Button in your cart, at the top of the screen, and type in your message.

A la Carte

You Build It, We Blend It, & You Enjoy It

Fruit Purees

16 oz Fruit Purees	\$5.95
24 oz Fruit Purees	\$6.89
32 oz Fruit Purees	\$9.09

Fresh Fruit Smoothies

16 oz Fresh Fruit	\$8.15
<i>Pick 2 fruits and a base</i>	
24 oz Fresh Fruit	\$9.39
<i>Pick 2 fruits and a base</i>	
32 oz Fresh Fruit	\$10.65
<i>Pick 2 fruits and a base</i>	

Add-Ins

Add any Add-Ins to any Smoothie for \$0.95 each

Oats	\$0.95
Peanut Butter	\$0.95
Flax Seed	\$0.95
PB Fit	\$0.95
Chai Seed	\$0.95
Honey	\$0.95
Agave	\$0.95
Cinnamon	\$0.95

Extra Bases

Add an extra Base to any Smoothie for \$0.65

Almond Milk	\$0.65
Nonfat Yogurt	\$0.65
Coconut Milk	\$0.65
Orange Juice	\$0.65
Fairlife Milk	\$0.65
Iccream	\$0.65

YAZ

Peach & Mango Puree with fresh Kale and Pineapple and any base

16 oz Yaz	\$7.19
24 oz Yaz	\$8.15
32 oz Yaz	\$9.69

Green Pineapple

Fresh Pineapple, Spinach, Avocado, Agave

16 oz Green Pineapple	\$8.75
24 oz Green Pineapple	\$9.95
32 oz Green Pineapple	\$10.95

Power Greens

Power Shake Protein, Organic Greens, any flavors

16 oz Power Greens	\$6.89
24 oz Power Greens	\$8.69
32 oz Power Greens	\$10.95

32 oz Muscle Builder \$11.25

Pure Protein

Pure Protein and any flavors

16 oz Pure Protein	\$6.59
24 oz Pure Protein	\$8.15
32 oz Pure Protein	\$11.25

Banana Split

Fresh banana, pineapple, strawberry, Ice Cream & vanilla Protein.

16 oz Banana Split	\$8.75
24 oz Banana Split	\$10.00
32 oz Banana Split	\$11.25

Coffee Smoothies

White Chocolate Mocha

16 oz White Chocolate Mocha	\$6.25
24 oz White Chocolate Mocha	\$7.19
32 oz White Chocolate Mocha	\$8.45

Vanilla Cappuccino Protein Shake

16 oz Vanilla Cappuccino Protein Shake	\$6.89
24 oz Vanilla Cappuccino Protein Shake	\$8.69
32 oz Vanilla Cappuccino Protein Shake	\$10.35

Reese's Protein Cappuccino

16 oz Reese's Protein Cappuccino	\$6.89
24 oz Reese's Protein Cappuccino	\$8.69
32 oz Reese's Protein Cappuccino	\$10.35

Cappuccino

16 oz Cappuccino	\$5.95
24 oz Cappuccino	\$6.89
32 oz Cappuccino	\$9.09

Energy Smoothies

Spartan Crunch

Any base, fresh strawberries & banana, Pure Protein, Peanut Butter, granola, honey, Energy Booster

16 oz Spartan Crunch	\$8.75
24 oz Spartan Crunch	\$10.00
32 oz Spartan Crunch	\$11.25

Strawberry Twister

Strawberry Puree, Apple Juice, Power Shake Protein, Peanut butter, Energy Booster.

16 oz Strawberry Twister	\$7.85
24 oz Strawberry Twister	\$9.39
32 oz Strawberry Twister	\$11.25

Energizer

Any flavors, Power Shake Protein, Energy Boost

16 oz Energizer	\$6.89
24 oz Energizer	\$8.69
32 oz Energizer	\$10.95

Matcha Express

Passion Fruit, any base, & Matcha

16 oz Matcha Express	\$7.19
24 oz Matcha Express	\$8.15
32 oz Matcha Express	\$9.69

Kid's Smoothies

Acai Wildberry	\$4.75
Mango	\$4.75
Peach	\$4.75
Strawberry	\$4.75
Banana	\$4.75
Pina Colada	\$4.75
Raspberry	\$4.75

Greek Yogurt	\$0.65
Applejuice	\$0.65
Orange Sherbert	\$0.65

Boosters

Add a shot to any smoothie for \$1.25 each

Engergizer	\$1.25
Fat Burner	\$1.25
Recovery	\$1.25
Fiber Fuel	\$1.25
Organic Greens	\$1.25
Matcha	\$1.25
Multi-vitamin	\$1.25
Strength	\$1.25

Protein

Add a Scoop of Protein to any Smoothie for \$1.89 Each

Vanilla Muscle Protein	\$1.89
Chocolate Muscle Protein	\$1.89
Vanilla Power Shake Protein	\$1.89
Chocolate Power Shake Protein	\$1.89
Vanilla Pure Protein	\$1.89
Chocolate Pure Protein	\$1.89

Fresh Fruit Add Ons

Add Fresh Fruit to Any Smoothie

Strawberries	\$0.95
Pineapples	\$0.65
Peaches	\$0.65
Blueberries	\$1.59
Kiwi	\$0.95
Bananas	\$0.65
Raspberries	\$1.59
Mango	\$0.65
Apples	\$0.65
Watermelon	\$0.65
Blackberries	\$1.59
Kale	\$0.95
Spinach	\$0.95

Orange Pineapple	\$4.75
Pink Guava	\$4.75
Lemon Ice	\$4.75
Passion Fruit	\$4.75