



HIGHER
GROUNDS
books & beans

SMOOTHIE MENU

CUSTOMER FAVORITES

BAHAMA MAMA

BANANA
STRAWBERRY
MANGO

LEMANGO PUNCH

MANGO
LEMONADE
PINEAPPLE

PEACH BASKET

PEACH
PINA COLADA
MANGO

CHOC. COVERED STRAWBERRY

STRAWBERRY
CHOCOLATE

NUTTY CHOCOLATE BANANA

BANANA
PEANUT BUTTER
CHOCOLATE

PURPLE SUNSET

WILDBERRY
STRAWBERRY
RASPBERRY

WHITE CHOC. STRAWBERRY CHEESECAKE

STRAWBERRY
WHITE CHOCOLATE

PASSIONFRUIT BERRY

STRAWBERRY
PASSIONFRUIT
MANGO

KEY LIME PIE

LIME
PINA COLADA
ICE CREAM

1306 HAMPTON STREET
COLUMBIA, SC 29201
803.217.3247
MON - FRI 8-5, WED 8-7
SUNDAY 8-9:15, 11:30-12:15, 4-7

ALOHA BERRY

RASPBERRY
PINA COLADA
AMARETTO

BANANA BERRY

BANANA
STRAWBERRY

BANANA SPLIT

BANANA
STRAWBERRY
CHOCOLATE

BANANA SURPRISE

BANANA
CHOCOLATE

BANANABERRY BURST

BANANA
STRAWBERRY
BLUEBERRY

BANANAS FOSTER

BANANA
CARAMEL
SPICED BROWN SUGAR

BANBERRILADA

BANANA
STRAWBERRY
PINA COLADA

BANGO BASH

BANANA
MANGO

BERRY PEACHY

RASPBERRY
PEACH

CAROLINA CRUSH

STRAWBERRY
LEMONADE

CHOC. COVERED RASPBERRY

RASPBERRY
CHOCOLATE

COCOBERRY COLADA

STRAWBERRY
PINA COLADA
COCONUT

COCOMANGO

PASSIONFRUIT
MANGO
PINA COLADA
LEMONADE

FRESH FRUIT

TUB FRESH FRUIT
YOGURT
HONEY

GEORGIA FOSTER

PEACH
SPICED BROWN SUGAR
CARAMEL

HAWAII 5-0

STRAWBERRY
PINA COLADA

ISLAND SUNSET

STRAWBERRY
MANGO

MANGO PASSION

MANGO
PASSIONFRUIT

NUTTY BANANA

BANANA
PEANUT BUTTER

PANGO MONKEY

BANANA
MANGO
PEACH

PEACH COBBLER

PEACH
CINNAMON

PLAYGROUND PUNCH

STRAWBERRY
PINA COLADA
PINEAPPLE

RASPBANGO

RASPBERRY
MANGO

SHIPWRECK

PINA COLADA
COCONUT
BANANA

SICILIAN

STRAWBERRY
PINA COLADA
AMARETTO

SPECKLEBERRY

BLUEBERRY
STRAWBERRY
LEMONADE

STARBURST

STRAWBERRY
WILDBERRY
MANGO