

# SMOOTHIES & JUICES

## SMOOTHIES

**NUTTY ANA** 415KCAL 7.50

almond milk, banana, ice, peanut butter, chocolate plant protein

NS

**LOVE MACHINE** 296KCAL 7.50

Coconut milk, Banana, Strawberries, Whey, Dates, Maca

S

**GREEN IRON** 322KCAL 7.50

kale, spirulina, chlorella, banana, pineapple, coconut milk, lemon juice, sunflower seeds, plant protein, salt

NS V

**CACAO POW** 196KCAL 6.00

banana with chocolate vegan protein choice of milk, water & ice

NS

**BERRY BLAST** 135KCAL 7.50

cranberries, blackberries with vanilla vegan protein choice of milk & ice

NS

**BEET IT** 290KCAL 7.50

Beetroot, blueberries, almond milk, whey, bananas, dates, creatine, chilli

S

NS

S Sulphates

M Mustard

C Celery

VG Vegetarian

V Vegan

NS Nuts & Seeds

D Dairy

G Gluten

E Eggs

F Fish

## SMOOTHIES

**SUPERHERO** 428KCAL 7.50

banana, almond milk, peanut butter, gluten free rolled oats, chocolate plant protein, flax seed, cacao powder

NS V

**PROTEIN SHAKE** 5.00

Chocolate or Vanilla with choice of milk (*almond, oat, soy, coconut, rice, whole, skimmed*)

NS V

428KCAL

## JUICE SHOTS

**LEXY SHOT** 41KCAL 3.50

ginger, lemon, cayenne pepper

**GINGER SHOT** 27KCAL 3.50

**LEMON SHOT** 11KCAL 3.50

## JUICES

**C-BOOST** 136KCAL 6.00

apple, carrot, orange, ginger, guarana

**PURE COCONUT** 50KCAL 8.00

unpasteurised coconut juice & meat

**SIRT JUICE** 89KCAL 7.00

kale, celery, parsley, rocket, matcha, ginger, lemon (250ml)

C

**GREEN DAY** 109KCAL 6.00

broccoli, apple, mint, lemon, asparagus, super green powder

**ORANGE** 95KCAL 6.00

250ML

**CARROT** 65KCAL 6.00

250ML

**CELERY** 66KCAL 6.00

250ML

**APPLE** 84KCAL 6.00

250ML