

# SMOOTHIES & JUICES

## SMOOTHIES

**NUTTY ANA** 415KCAL 6.50

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

NS

**LOVE MACHINE** 296KCAL 6.50

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

S

**GREEN IRON** 322KCAL 6.50

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

NS V

**CACAO POW** 196KCAL 5.00

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

NS

**BERRY BLAST** 135KCAL 5.00

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

NS

**BEET IT** 290KCAL 6.50

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 6.50

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

NS V

## FRESH JUICES

**VIT ME UP** 171KCAL 8.00

orange, ginger, pomegranate, strawberries, mint, camu camu

**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

**OJ BLAST** 253KCAL 6.00

orange, turmeric, sweet potato, ginger, lemon

## JUICES

**C-BOOST** 136KCAL 6.00

apple, carrot, orange, ginger, guarana

**PURE COCONUT** 50KCAL 8.00

unpasteurised coconut juice & meat

## JUICE SHOTS

**TURMERIC HIIT** 107KCAL 3.50

fresh turmeric, sweet potato, ginger, olive oil, black pepper

**LEXY SHOT** 41KCAL 3.50

ginger, lemon, cayenne pepper

## FRESHLY SQUEEZED

- ginger (50ml) 3.00

- turmeric & sweet potato 3.50

- lemon (50ml) 2.50

- apple (50ml) 5.00

- carrot (250ml) 5.00

- orange (250ml) 5.00

- celery (250ml) 6.00

- pomegranate (250ml) 8.00