



CLASSIC SMOOTHIES

LARGE €5.75 **REGULAR** €5.25

STRAWBERRY SWIRL

Strawberries, Banana, 100% Apple Juice & Yoghurt

BERRY NICE

Strawberries, Blueberries, Raspberries, Banana, 100% Apple Juice & Yoghurt

MANGO MANIA

Mango, Pineapple, Banana, Mango Nectar & Yoghurt

TROPIC THUNDER

Mango, Pineapple, Banana, Coconut, Mango Nectar, Coconut Milk & Yoghurt

TROPICAL PARADISE

Pineapple, Banana, Papaya, Coconut, Pineapple Juice, & Yoghurt

RASPBERRY LEMON-AID

Pineapple, Raspberries, Lemon, Pineapple Juice & Lemon Sorbet

SUMMER FRUIT SORBIE

Strawberries, Blueberries, Raspberries, 100% Apple Juice & Sorbet

CHOCO-LITE

Raw Cacao, Dates, Banana, Milk & Vanilla Yoghurt

FRESH JUICES

LARGE €5.75 **REGULAR** €5.25

BERRY RECOVERY

Freshly Pressed Apples, Strawberries, Blueberries, Raspberries, Banana & Natural Yoghurt

STRAWBERRY ENERGY

Freshly Pressed Apples, Strawberries, Banana & Pear

HANGOVER BOOSTER

Freshly Squeezed Orange, Banana, Strawberries, Mango, Natural Salts & Electrolytes & Natural Yoghurt

PEAR PROTECTOR

Freshly Pressed Apple, Pear, Pineapple & Banana

LEMON TWIST

Freshly Pressed Apple, Lemon, Melon, Mint & Sorbet

SUPER JUICES

LARGE €5.95 **REGULAR** €5.45

FLU FIGHTER

Freshly Squeezed Carrot, Apple, Orange & Ginger

RAW DETOX

Whole Apple, Spinach, Avocado, Juiced Carrot, Lemon & Celery

FAT BURNER

Freshly Pressed Apple, Celery, Lemon, Ginger & Pink Grapefruit

KING KALE

Kale, Whole Apple, Pineapple, Pear & Juiced Orange

ROOT RHYTHM

Freshly Pressed Beetroot, Apple, Ginger & Lemon

LIQUID MEALS

LARGE €6.25 **REGULAR** €5.75

PROTEIN CHARGE

Banana, Peanut Butter, Milk, Natural Yoghurt & Whey Protein

ALMOND CHARGE

Banana, Almond Butter, Almond Milk & Whey Protein

MANGO FEED

Mango, Banana, Coconut Milk, Oats & Whey Protein

PURPLE POWER

Blueberries, Strawberries, Oats, Sorbet, Milk & Whey Protein

RAW PROTEIN CHARGE

Banana, Peanut Butter, Raw Cacao, Avocado, Dates, Chia, Flax & Almond Milk

KOKO KETO

Strawberries, Blueberries, Avocado, Almond Butter, Stevia & Coconut Milk

ACAI CHARGER

Acai, Blueberries, Banana, Peanut Butter, Chia, Flax & Almond Milk

GREEN & MEAN

Banana, Avocado, Spirulina, Spinach, Dates, Chia, Flax, Pressed Ginger & Almond Milk

ADD EXTRA SUPER POWERS

LEAN **DETOX** **VEGAN PROTEIN**
ENERGY **ACAI** **DEFENDER** **WHEY**

€1.20