

# Smoothies



A delicious & nutritious meal in a glass. We do not use any ice or flavour syrups, only good quality, plant-based ingredients. We use our own date paste to sweeten our smoothies.

## **ANTI-INFLAMMATORY 7.00**

**MANGO, CARROT, PINEAPPLE, PAPAYA, BANANA, TURMERIC, VANILLA, BLACK PEPPER, COCONUT WATER**

Beta-carotene, vitamin C, Vitamin E, calcium, magnesium, manganese, potassium, electrolytes. The active ingredient in turmeric is curcumin and has major benefits for your body & brain. Powerful anti-inflammatory & strong antioxidant.

## **BERRY POWER 7.00**

**SUMMER BERRIES, BANANA, PEANUT BUTTER, SUN WARRIOR VANILLA, DATES, CARDAMON, ALMOND MYLK**

Post-training refuelling your muscles after strength training to help them recover and grow. A great balance of healthy carbohydrates, fats and protein. Vitamin E, B3, B6, antioxidants, magnesium, potassium, immune boosting.

## **SNICKERDOODLE 7.00**

**BANANAS, PEANUT BUTTER, CACAO, TROPEAKA CARAMEL PROTEIN, CINNAMON, DATES, OAT MYLK**

Post-training refuelling your muscles after strength training to help them recover and grow. A great balance of healthy carbohydrates, fats and protein. Vitamin E, B3, B6, antioxidants, magnesium, potassium, immune boosting

## Smoothie Bowl

***TURN YOUR SMOOTHIE INTO A BOWL FOR AN EXTRA 2.50***

Topped with crunchy house made granola with nuts & seeds(gf), creamy coconut yogurt, fresh banana & coconut shards

## Additions

### **CBD SHOT - ACTIVE FULL SPECTRUM HEMP EXTRACT 2MG (GF) 1.50**

CBD has been shown to help people relax, improve sleep, relieve stress, anxiety and low moods, as well as acting as an anti-inflammatory which can help with swelling and pain relief.

### **RAW CACAO POWDER (GF) 1.00**

A superfood brimming with macro & micro nutrients. High in fibre & a great source of antioxidants that help reduce inflammation, improve focus, alertness & mood.

### **CHIA SEEDS (GF) 1.00**

Incredibly rich in nutrients - antioxidants, fibre & omega 3 fatty acids all of which help support heart health, anti cancer properties, support strong bones, lower blood pressure and improve blood sugar management.