

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 8.50

MANGO, CARROT, PINEAPPLE, PAPAYA, BANANA, PINEAPPLE JUICE, TURMERIC, GINGER, BLACK PEPPER,

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 8.50

DARK BERRIES, BANANA, PEANUT BUTTER, DATES, CARDAMON, MAPLE, 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 8.50

BANANAS, CRUNCHY PEANUT BUTTER, CHOCOLATE SUN WARRIOR PROTEIN, CINNAMON, DATE SYRUP, OAT MYLK

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Smoothie Bowl

TURN YOUR SMOOTHIE INTO A BOWL FOR AN EXTRA 3.50 (gf)

Topped with crunchy house made granola with nuts, raisins & seeds creamy Alpro yogurt, fresh banana, oven toasted coconut shards, fresh mint & flower garnish

Additions

CBD SHOT - ACTIVE FULL SPECTRUM HEMP EXTRACT 2MG (GF) 2.00

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.