

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.

STRAWBERRY ROSE OR ADD CACAO FOR TURKISH DELIGHT 6.95

STRAWBERRIES, BANANA, ROSE WATER, SUN WARRIOR VANILLA, DATES, OAT MYLK

Immune supporting, anti-inflammatory, antioxidants, potassium, Vitamin B, C & K, calcium, iron, magnesium, zinc, manganese, Rose Water is used to soothe sore throats, digestion, relieve headaches & help enhance your mood.

ANTI-INFLAMMATORY 6.95

MANGO, CARROT, PINEAPPLE, BANANA, TURMERIC, SUN WARRIOR 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.

BLUEBERRY POWER 6.95

BLUEBERRIES, 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.

SPIRULINA COLADA 6.95

PINEAPPLE, BANANA, SUN WARRIOR VANILLA, GREEN SPIRULINA, COCONUT WATER

Spirulina is a fantastic source of antioxidant & anti-inflammatory properties. It can help improve cholesterol levels which supports your heart health. Beta-carotene, folic acid, Vitamin B1, B3, B6 & C, Calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium, sulphur, essential fatty acids, electrolytes

SNICKERDOODLE 6.95

BANANA, PEANUT BUTTER, CACAO, TROPEAKA PROTEIN, CINNAMON, DATES, OAT MYLK

TURN YOUR SMOOTHIE INTO A BOWL FOR AN EXTRA 2.50

Topped with crunchy granola (gf), coconut yogurt, fresh banana & coconut shards

Additions

CBD SHOT - ACTIVE FULL SPECTRUM HEMP EXTRACT 2MG (GF) 1.00

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) 0.50

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) 0.50

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.