



## Menu

### **Berry-Go-Round**

### **Strawberry, Raspberry & Blackberry**

This tangy berry feast is bursting with vitamins A, B and C, calcium, potassium, iron AND antioxidants. It's especially good if you're feeling stressed or under the weather.

### **Pash 'n'Shoot**

### **Passion fruit, Pineapple & Mango**

This zesty tropical explosion is rich in vitamins A and C, as well as potassium and calcium. It will kiss you better and shoot down baddies lurking in your system.

### **Melon Refresher**

### **Melon, Strawberry & Mango**

The ultra-refreshing little cup of life is loaded with beta-carotene and is high in vitamin A and potassium, backed up by vits B&C. For total smootopia!

### **Strawberry Split**

### **Strawberry & Banana**

This delicious smoothie is packed full of antioxidants to help lower your blood pressure and power you through the day. It's the original and some might say, still the best.

### **Big 5**

### **Pineapple, Mango, Kiwi & Strawberry**

Packed with fruit this delicious blend will soothe and revive.

### **Grape Escape**

### **Grape, Banana, Blueberry & Strawberry**

Leave your worries behind with this fruity little number. It momentarily transports you to another world, before bringing you back ready to fight another day.

### **Go Faster Master**

### **Papaya, Strawberry, Banana, Honey & Low Fat Yoghurt**

The fruity master of all smoothies, containing many of the vitamins and minerals you need for the day. It'll give you energy and sort out any hangovers too!

**Tropical Colada****Coconut, Pineapple, Banana**

Sit back and relax with this tropical temptress, proven to speed up your metabolism whilst lowering your cholesterol. Pure Paradise!

**Flu Fighter****Kiwi Fruit, Banana, Pineapple, Low Fat Yoghurt**

This full combat smoothie will summon your body's defences, packing an almighty punch to see off the dreaded lurgy.

**Blueberry Thrill****Blueberry, Raspberry & Banana**

This scrumptious smoothie is the heart's guardian. It helps to lower cholesterol, enhance your metabolism and maintain a healthy ticker!

**Acai Dream (a sai ee)****Acai & Banana**

Packed with Acai (THE Brazilian superfruit with OVER 8 x the antioxidants of blueberries plus many vitamins, minerals and omega 3) this smoothie gives you oodles of natural energy to help get you going!

**Blackberry Charger****Blackberry, Pear, Low Fat Yoghurt & Cinnamon**

An indulgent combination of winter-warming fruit to spice up those cold mornings with our scrumptious take on a classic fruity winter crumble.

**Son of a Peach****Peach & Strawberry**

To keep that summery feeling all year round whilst also skimping on the calories; this fantastic source of vitamin A, phytochemicals (plant chemicals that contain protective, disease-preventing compounds), and fibre.

**Kiwi Kick****Kiwi, Spinach & Low Fat Yoghurt**

This nutrient packed concoction will give you the surge of natural energy you need. Fix up, look sharp with this kick-ass smoothie.

**Detox Zing****Ginger, Blueberry, Carrot, Courgette & Banana**

This fiery concoction will have you fighting off the flu for before you even get it!

**Ginger Ninja****Carrot, Kiwi & Ginger**

This fiery smoothie will give you all the energy to help you through the long days!

**The Hulk****Broccoli, Spinach, Celery, Mango, Pineapple & Banana**

The monster of a smoothie that'll leave your friends green with envy!

**Kale Kick****Kale, Spinach & Mango**

They don't call this the "Queen of the Greens" for nothing! This tasty kale smoothie will leave you feeling great inside and out!

**Beat the Bluesli****Blueberry & Muesli**

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