

JUICES

SMOOTHIES

ICE CREAMS

JUICES



REGULAR \$5.50 LARGE \$7

GREEN AND LEAN Cucumber, Celery, Spinach, Ginger, Lemon and Apple

IMMUNE BOOST Cucumber, Celery, Spinach, Ginger, Kale, Lime, Kiwi, Pear, Apple and Wheatgrass

ANTI-AGE Blueberries, Strawberries, Beetroot, Spinach, Ginger and Apple

VERY BERRY Blueberries, Strawberries, Raspberries, Blackberries, Pineapple, Apple and Mint

PINEAPPLE EXPRESS Pineapple, Orange, Carrot, Ginger, Turmeric, Apple and Lime

DETOX Carrot, Beetroot, Lemon, Ginger and Apple

KICKER JUICE Strawberries, Pineapple, Apple and Maca Root Powder

GINGEY Carrot, Orange, Ginger and Apple

EVERYDAY JUICE Kiwi, Carrot, Spinach and Apple

STRESS RELEASE Broccoli, Spinach, Beetroot, Celery and Carrot



ADD A SHOT! \$2.00

PROTEIN POWDER

CHIA SEEDS

FRESH WHEATGRASS

SPIRULINA

MAGNESIUM

MACA ROOT POWDER

SMOOTHIES

NON-DAIRY

REGULAR \$5.50 LARGE \$7

GREEN BREAKFAST SMOOTHIE Pineapple, Spinach, Kale, Kiwifruit, Ginger, Superfoods Marqui Berry, Banana, Chia Seeds and Coconut Juice

BEAUTY SMOOTHIE Blueberries, Raspberries, Banana, Spinach, Date, Spirulina and Apple Juice

MINT BERRY LIME Strawberries, Banana, Mint, Lime Sorbet and Apple Juice

TROPICANA Mango, Pineapple, Banana, Coconut Milk/Juice and Lime Sorbet

RASPBERRY KISSES Raspberries, Pineapple, Berry Sorbet and Apple Juice (Mint Optional)



ALL OTHER SMOOTHIES

GO BANANAS Bananas, Frozen Yoghurt or Ice Cream, Maple Syrup and Trim Milk

HANGOVER HERO Strawberries, Cranberry Juice, Ginger, Banana, Almond, Maca Powder, Frozen Yoghurt, Mint (Optional)

PASSION MANGO Mango, Pineapple, Banana, Orange and Apple Juice, Frozen Passion Yoghurt and Ice Cream. Passionfruit (seasonal)

FEIJOA ZING Feijoa, Banana, Ginger, Apple Juice and Frozen Yoghurt

VERY BERRY Strawberries, Blueberries, Blackberries and Raspberries, Apple Juice or Trim Milk with Frozen Yoghurt

BREAKFAST SMOOTHIE Strawberries, Almonds, Banana, Trim Milk, Frozen Yoghurt, Linseed

METABOLISM BOOSTER Blueberries, Grapefruit, Green Tea, Apple and Frozen Yoghurt



FROZEN YOGHURT AND ICE CREAM

REGULAR \$4 KIDS \$2.50

CHOOSE ONE OF THE FOLLOWING:

Strawberry, Raspberry, Boysenberry, Blueberry, Pineapple, Mango, Banana

OR CHOOSE FROM:

Strawberry, White Chocolate and Macadamias

Pineapple and Bounty Bar

Reese's Peanut Chocolate and Banana

Mango, Pineapple and Passion

Maple and Walnut

Choco-mint

WAFFLE WITH TOPPINGS \$5.50

CHOOSE 3 OF THE FOLLOWING:

Toppings - Passionfruit, Berry Delight, Chocolate

Whipped Cream, Nuts, Almonds, Walnuts, Flake

WATCH THE MENU FOR SEASONAL FRUIT ICE-CREAMS!

