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smoothie

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- **THE ANTIOXIDANT SMOOTHIE**
Chia seeds are blended down with fresh raspberry, pomegranate juice, coconut water and agave syrup creating this flavoursome smoothie explosion.
- **BANANA AND AVOCADO SMOOTHIE**
A delicious blend of fresh avocado and banana sweetened with eucalyptus honey and coconut water to make a silky smooth exotic smoothie.
- **BANANA STRAWBERRY & OAT BASH**
For all the early birdies; a healthy combination of oats, yoghurt, semi-skimmed milk, honeyed syrup, fresh strawberries and bananas are blended together for the ultimate breakfast smoothie.
- **CHEEKY CHIA**
This cheeky & tasty pick me up joins a sprinkle of chia seeds, energy boosting banana, coconut syrup & kiwi puree. All are blended with nutritious coconut and almond milk; for a light, healthy boost!
- **CHINESE 5 SPICE**
An oriental blend of five cleansing spices derived from ancient Chinese medicine; 5 spice herbal tea syrup, apple juice & pear puree are blended with Honeydew melon & fresh raspberries to create this nourishing, energy boosting smoothie.
- **CHOC NUT FRAPPE**
One for the sweet tooth's! A mix of dark chocolate, toffee nut syrup, a dusting of cacao and skimmed milk are blended till silky smooth and served with an Oreo cookie sprinkle.
- **COLADA BLUSH**
A moreish blend of classic colada fruit flavours; Fresh banana, raspberry puree, coconut milk and pineapple juice are teamed together with ice for a smoothie which is colada-mazing!
- **COCOTANGO**
A Coco-Caribbean smoothie with an explosion of exotic taste. Coconut syrup, lime juice, passion fruit puree, lychee juice, coco lopez and guava juice are blended with ice for this daytime delight.
- **CRUNCHY CARROT MADNESS**
The healthy boost your body deserves! Crunchy carrot juice, succulent mango puree and fresh Orange juice are blended down with zesty lime and Hibiscus syrups to make a undeniably thirst quenching smoothie.
- **FLORIAL**
Mixed Berry Puree, Cranberry Juice and Lavender Syrup are blended with fresh raspberries and blueberries to create this deliciously smooth and refreshing smoothie
- **FUN LOVING**
Fresh Raspberries, peach puree, apple juice and Herbs de provence syrup are blended together with a touch of lime to make this "fun" smoothie.
- **GARDEN PARTY**
Crunchy garden mint and a few slices of cucumber are blended with delicious Lychees puree to create a unique, fresh and succulent smoothie.

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- **GOJIBERRY SMASH**
Delicious soaked Goji berries, fresh blueberry puree and banana blended with almond milk for a “berry” good smoothie.
- **ICED MOCHA FUSION**
A frozen blended fusion of coffee, skimmed milk and a touch of vanilla to make a delicious icy smoothie
- **MINTY MELON**
Melon and cucumber are blended with apple juice and fresh mint to give this smoothie the minty melon it deserves!
- **ORIENTAL BLISS**
Pear Puree is blended with Apple Juice, Basil leaves, a Thumbnail of Ginger and a touch of lime to bring a sense of “bliss” to your smoothie
- **PASSIANGO & LYCHEE ICE**
Fresh mango and passion fruit purees are blended with a mixture of pressed apple, lychee and pineapple juices to create this thirst conquering exotic number.
- **PASSIONFILLA**
Peach slices are wizzed up with passion fruit juice, vanilla syrup and lime juice to create this amazing passion filled sipper.
- **PEANUT & BANANA**
An iconic smoothie, which always goes down a treat! This is a blend of bananas and peanut butter with milk and honey.
- **RASPBERETTO**
An exotic blend of 100% raspberry puree, lychee and guava juices, mixed with a well-balanced squeeze of lime.
- **ROCK ON MELON SMOOTHIE**
Succulent rock melon, banana and mango blended with fresh pineapple juice and delicious mango puree with a crunchy granola top.
- **TROPICAL FRUITS**
All the tropical delights rolled into one refreshing smoothie! Mango and orange juices, blended with papaya and strawberry purees. Served icy cold and undeniably thirst quenching.
- **WATER BERRY BOMB**
Let this tasty smoothie explode in your mouth; Succulent watermelon is blended with freshly pureed strawberries, a hint of sugar and a touch of cranberry juice.

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