

## SUPER SMOOTHIES

### ENERGY BOOST

Mango, banana, coconut milk, 100% tropical juice, fat free mango frozen yogurt + super energy

### THE SUPER FRUIT

Raspberries, strawberries, banana, 100% apple juice, fat free vanilla yogurt + double fruit

### BREAKIE BLAST

Strawberries, banana, toasted muesli, honey, low fat milk, fat free vanilla frozen yogurt + super energy

### BERRY PROTEIN

Blackberries, strawberries, raspberries, blueberries, banana, 100% apple juice, fat free vanilla frozen yogurt + whey protein

### PEANUT BUTTER POWER

Peanut butter, chocolate, banana, low fat milk, fat free vanilla frozen yogurt + whey protein

### GYM JUNKIE

Strawberries, raspberries, banana, vanilla soy milk, fat free vanilla frozen yogurt + whey protein



REGULAR  
£5.95



SMALL  
£5.65

## FRUIT SMOOTHIES

### STRAWBERRY DREAM

Strawberries, banana, 100% apple juice & fat free vanilla frozen yogurt

### MANGO TANGO

Mango, banana, 100% pineapple juice & fat free mango frozen yogurt

### BERRY BUZZ

Blackberries, strawberries, raspberries, blueberries, 100% apple juice & fat free vanilla frozen yogurt

### BANANA BANG

Banana, low fat milk, honey & fat free vanilla frozen yogurt

### PASSION DASH

Mango, passion fruit, 100% tropical fruit juice, fat free mango frozen yogurt & fat free sorbet

### MANGO MADNESS

Mango, banana, mango juice, fat free mango frozen yogurt, fat free vanilla frozen yogurt & fat free sorbet

### RASPBERRY RAZZLE

Raspberries, banana, mango juice & fat free mango frozen yogurt



REGULAR  
£5.95



SMALL  
£5.65

## FRUIT CRUSHES

### RASPBERRY CRUSH

100% apple juice, raspberries & fat free sorbet

### TROPICAL CRUSH

100% tropical juice, mango, banana & fat free sorbet

### PASSION CRUSH

100% orange juice, passion fruit, mango & fat free sorbet

### SMOOTHIES

### WATERMELON CRUSH

100% tropical juice, watermelon & fat free sorbet



REGULAR  
£5.75



SMALL  
£5.45

## TWISTED FUEL

### PEANUT BUTTER LOVE

Peanut butter, vanilla soy milk, banana, & fat free vanilla frozen yogurt

### MILK & COOKIES

Oreo cookies, chocolate, low fat milk & fat free vanilla frozen yogurt

### CHOCOLATE ROCKET

Chocolate, banana, low fat milk & fat free vanilla frozen yogurt

### SMOOTHIES



REGULAR  
£5.75



SMALL  
£5.45

## XTRA TWISTS

### SALTED CARAMEL

Salted caramel, low fat milk, banana & fat free vanilla frozen yogurt

### ORANGE SQUEEZE

100% orange juice, strawberries, banana & fat free vanilla frozen yogurt

### THE BRAZILIAN

Acai, honey, banana, 100% apple juice, fat free sorbet & fat free vanilla frozen yogurt

### SMOOTHIES

### MINTASTIC

Chocolate, mint, vanilla soy milk & fat free vanilla frozen yogurt



REGULAR  
£5.95



SMALL  
£5.65

## GREEN FUEL

### GREEN MACHINE

Apple, pineapple, cucumber, lime & avocado

### THE HULK

Kale, spinach, banana, peanut butter, vanilla soy milk & fat free vanilla frozen yogurt

### GREEN GODDESS

Matcha green tea, vanilla soy milk & fat free vanilla frozen yogurt

### SMOOTHIES

### MINT MANIA

Apple, spinach, celery, cucumber & mint



REGULAR  
£5.95



SMALL  
£5.65

## SUPER JUICES

### BERRY GOOD

Strawberries, raspberries, blueberries, apple & pineapple

### WATERFALL

Pineapple, orange & strawberries

### ROCKET FUEL

Orange, pineapple, banana & honey

### DETOX JUICE

Carrot, apple, ginger & celery



REGULAR  
£6.25



SMALL  
£5.95

## ADD A SUPERFUEL + £1.00

### SUPER ENERGY

Ginseng, guarana & green tea extract

### WHEY PROTEIN

Whey protein blend sustained release

### MULTIVITAMIN

30 + vitamins, minerals, probiotics & antioxidants

### SUPER ANTIOXIDANT

Detox power blend of vitamins a, c and e

DOUBLE  
YOUR FRUIT + 50P  
KIDS SIZE **£3.95**

\*ASK TO DIY  
YOUR JUICES