



# SMOOTHIES - £4.45

Made with Apple Juice Or Vanilla Alpro (you choose)

**Pash N Shoot** 170kcal  
Passion Fruit, Pineapple & Mango



Boosts immune system and aids glowing skin

**Big 5** 167kcal  
Kiwi, Pineapple, Strawberry, Mango & Apple  
Packed with Vitamin C



**Blueberry Thrill** 177kcal  
Blueberry, Raspberry, Banana & Flax seeds  
High in Omega 3 fatty acids to promote a healthy heart



**Coco Loco** 194kcal  
Coconut, Mango, Pineapple, Mint & Lime  
Promotes a healthy digestive system



**Berry Go Around** 150kcal  
Blackberry, Raspberry & Strawberry  
Packed with antioxidants



**Oat of this World** 317kcal  
Rolled Oats, Banana, Blueberries, Raspberries, Flax Seed  
Slow Energy Release, Reduces Fatigue and Inflammation



**Avo Go Go** 206kcal  
Avocado, Broccoli, Spinach, Mango, Coconut, Ginger & Lime  
Lowers blood pressure and keeps your heart healthy



**Broccoli & the Beast** 162kcal  
Mango, Broccoli, Banana, Pineapple, Spinach, Cucumber  
Protects your brain



**Strawberry Split** 160kcal  
Strawberry & Banana  
Restocks muscle and glycogen levels



## SUPER BOOST YOUR SMOOTHIE

Add the following extras to any smoothie

**Vegan Protein £1.50**  
Supports muscle recovery and growth, helps balance blood sugar and minimise cravings.

**Chia Seeds £0.50**  
High in fibre and omega 3 fatty acids.

**Ginger £1.50**  
Helps Boosts Energy.

**Vitamin C Shot £1.50**  
Overall boost for your body.

**Sea Moss - £2.00**  
Rich source of vitamins and minerals.

**Maca Powder £1.50**  
High levels of iron and rich in calcium.

**Flax Seeds £0.50**  
Helps improve digestive health.

**Spinach £0.50**  
Beneficial for skin, hair and bone health.

**Vitamin D Shot £1.50**  
Helps promote calcium absorption maintain healthy bones.

## ICE CREAM

Includes all toppings and sauce.  
\*Dairy or vegan options available, just ask\*

1 Scoop - £3.50  
2 Scoops - £4.50  
3 Scoops - £5.00

Childrens Teddy Bear Cone (1 Scoop) - £2.50

**Doggie Ice Cream - £2.99**  
Reduced fat, sugar and lactose. Glucosamine for their joints, vitamin c for their immune system and omega 3 for a glossy coat.

## WAFFLE POPS - £5.00

\*Dairy or vegan options available, just ask\*

**Dipped In**  
Milk Chocolate  
White Chocolate  
Strawberry Chocolate  
Nutella  
Biscoff  
Vegan Chocolate

&

**Toppings**  
Oreos  
Biscoff  
Chopped Nuts  
Marshmallows  
Sprinkles  
Smarties

## PROTEIN PORRIDGE - £3.50

Enjoy hot or cold

**Berry Blast**  
Oats, Strawberries, Blackberries, Raspberries, Blackcurrants, Chia Seeds, Hemp Seeds, Water, KoKo Dairy Free Unsweetened Coconut Milk  
High in protein (11.7g) no added sugars



**Peanut Butter**  
Oats, Peanut Butter, Sultanas, Water, KoKo Dairy Free Unsweetened Coconut Milk  
High in protein (14.77g) no added sugars



## DRINKS



**Milkshakes - £4.95**  
Choose your flavour from the ice cream counter.



**Coffees - £3.00**  
Late, Cappuccino, Iced Coffee  
+ Syrups - £0.50

**Hot Chocolate - £3.50**  
With Marshmallows & Whipped Cream

**Teas - £2.50**

**Coke / Fanta / Sprite - £2.00**

**Water - £1.25**

**Fruit Shoot - £1.10**



Please advise us of Allergies