
POST WORKOUT PROTEIN SHAKE / 9.0

Almond milk, banana, cinnamon, honey,
ice & Vanilla Proper Protein Powder (GF)

SMOOTHIES / 7.5

The Retox

Coffee, banana, ice cream

Bananarama

Banana, ice cream, milk, honey

Berry Boom

Mixed berries, ice cream, apple juice

SUPER SMOOTHIES / 9.0

Raw Green Smoothie

Coconut water, spinach, apple, banana, lime,
popped quinoa, ginger, turmeric, avocado
& shredded coconut.

Raw Almond & Berry Smoothie

Almond milk, mixed berries, banana, tahini,
chia seeds, pineapple & topped
with shredded coconut.

Raw Tropical Smoothie

Fresh coconut milk, banana, mango,
pineapple & ginger

Raw beetroot & Cacao Smoothie

Fresh almond milk, beetroot, raspberries,
banana, cacao, dates & cinnamon

Chocochia

Banana, coconut cream, almond milk,
cacao powder and chia seeds

*ADD VANILLA PROPER PROTEIN / +2.0

RAW - ORGANIC - SUPER

SMOOTHIES

COFFEE

Long, Short, Black, White	3.50
Large	+ 1.00
Bonsoy	+ 0.50
Coconut milk	+ 1.00
Almond milk	+ 1.00
Decaf – Swiss Water Filtered	+ 0.30
Hot Choc / Mocha	4.50
Chai	5.00
Iced Coffee / Choc / Mocha / Chai	6.50

TEA DROP / 4.5

English Breakfast	Honeydew Green
Supreme Earl Grey	Lemongrass & Ginger
Lavender Grey	Peppermint,
Malabar Chai	Chamomile

MILKSHAKES / 7.5

Chocolate / White Chocolate / Vanilla, Caramel
Strawberry / Mint / Coconut / Passionfruit / Hazelnut
Butterscotch / Cinnamon / Banana

FRESH JUICE / 7.5

Refresher - Pineapple, Apple, Watermelon, Mint

Detox - Carrot, Celery, Apple, Beetroot, Ginger

Flu Fighter - Orange, Pineapple, Lemon, Ginger

Or **Create Your Own**

SOFT DRINKS

Coke, Zero, Lift, Sprite, Soda, Tonic	4.00
Free Energy	4.00
Jax Coconut Water 250ml	4.00
Pure Spring Water 400ml	4.50
San Pelligrino Sparkling Mineral Water 500ml	5.50
San Pelligrino Sparkling Mineral Water 1000ml	9.50

BEVERAGES
