

# BOWLS

AÇAÍ 13.5

## **SUPER AÇAÍ**

Açaí blended with banana, coconut water topped with granola, dragon fruit, coconut & raspberries

## **CHOC POWER**

Açaí blended with banana, cacao & choc almond milk topped with raspberries, choc granola, coconut, pepitos & PB drizzle

## **MINT**

Açaí blended with banana, mint & coyo topped with strawberries, raspberries, coconut, hemp seeds & mint,

## **APPLE CINNAMON**

Açaí blended with apple flesh, apple juice topped with sliced apple, granola, grapes, chia & yoghurt

SMOOTHIE 13.5

## **BLUE MAJIK**

Coconut yoghurt, banana, passionfruit, topped with coconut, dragon fruit, blueberries, chia & crushed macadamia nuts

## **CHOC BLISS**

Choc coyo, cocoa powder, avocado, banana, dates, choc almond milk topped with choc, granola, blueberries, banana, cacao nibs, peanut butter & chopped pistachios

## **TURMERIC**

Mango, orange, turmeric, banana, coyo topped with banana, granola, coconut, hemp seeds & mint

## **IN THE TROPICS**

Mango, pineapple, banana, coconut milk topped with passionfruit, granola, coconut, mango, kiwi, almonds & maca powder

## **PINK DRAGON**

Pink dragon fruit, coconut water topped with dragon fruit, coconut, yoghurt, almonds, pepitos & mint.

## **CELEBRATE GREEN**

Mango, banana, spinach, coconut water, mint, kiwi, spirulina topped with kiwi, goji, flax seeds & mint

# SMOOTHIES

## FRUIT BLENDS 8.5

### BERRY MUCH

Mixed berries, apples juice, berry sorbet & yoghurt

### MANGO PASSIONFRUIT CHILL

Mango, passionfruit, apple juice, ice & mango sorbet

### LEMON DELICIOUS

Whole lemon, lemon juice, orange juice, lemon sorbet, ice & ice cream

### WICKED WATERMELON

Watermelon flesh & juice, raspberries apple juice, ice & berry sorbet

### CLASSIC BANANA

Bananas, milk, yoghurt & honey

### DRAGON FIRE

Pink dragon fruit, raspberries, apple juice & banana

### C BREEZE SQUEEZE

Strawberries, raspberries, orange juice, ice & berry sorbet

### MANGO LASSI

Mango, milk, yoghurt, cardamom & mint

### AVOCADO LOVER

Avocado, banana, milk, yoghurt, honey & ice

### CARIBBEAN CALMER

Banana, pineapple, mango, coconut milk, yoghurt & ice

### SUMMERTIME BLUES

Blueberries, mango, pineapple, ice, apple juice & mango sorbet

## FRESH JUICES 7.5

### SWEET OJ

100% oranges

### ENERGISE ME

Carrot, apple, lemon, ginger

### TRIPLE C

Carrot, celery, cucumber

### GREEN DAY

Apple, cucumber, ginger, lime, celery

### DETOX ME

Beetroot, carrot, apple, OJ, lemon

### IMMUNE BOOST

Beetroot, celery, carrot, ginger, orange

### REFRESH ME

Orange, pineapple, watermelon, apple, mint

### CUSTOMISE ME

Make your own out of any of our fruits & veg

# SMOOTHIES

## SUPER HEALTHY BLENDS 9.5

### **BLUE MAJIK**

E3 Live blue majik powder, coconut milk, banana, pineapple, coconut yoghurt topped with coconut & mint

### **CHOC PROTEIN**

Chocolate Almond milk, choc protein powder, choc coyo, banana, dates topped with cacao nibs

### **SUPER AÇAÍ**

Açaí, banana, strawberry, almond milk & maca

### **VEGAN GREEN**

Almond milk, avocado, pineapple, kiwi, apple & spirulina

### **PINK COCONUT**

Coconut milk, strawberries, raspberries, coyo, topped with Goji berries & coconut

### **MORNING MUSCLE UP**

Banana, blueberries, milk, yoghurt, protein, oats, hemp & peanut butter

### **ENERGISER**

Mixed berries, watermelon & mango, apple juice, yoghurt & maca

### **LOW CARB/KETO**

Raspberries, strawberries, almond milk, erythritol, MCT oil & ice

### **ANTI-INFLAMMATORY**

Raspberries, blueberries, ginger, turmeric root, OJ & ice

### **ANTI VIRUS**

Apple, pineapple, beetroot, ginger, turmeric, lemon, manuka honey & ice

### **TROPICAL STRENGTH**

Mango, banana, passionfruit, coconut yoghurt, coconut milk & protein

### **HEALING HEMP**

Strawberry, banana, almond milk, rice malt syrup, flaxseeds & hemp seeds

### **DEEP PURPLE AÇAÍ**

Açaí, blueberries, raspberries & apple juice ice