

# Fruit Smoothies

All blended with 98% fat free pro-biotic yoghurt. Dairy free smoothies available without yoghurt or with soya milk

Small - £1.95

Large - £2.95

## Strawberry Smoothie

Strawberry, Mango and Apple Juice

## Very Berry

Raspberry, Blackberry, Strawberry and Apple juice

## Strawberry Sensation

Strawberry, Banana and Apple Juice

## Blueberry Blast

Blueberry, Raspberry and Apple Juice

## Raspberry Tango

Raspberry, Mango and Apple Juice

## Tropical Breeze

Mango, Melon, Pineapple, Kiwi and Freshly Squeezed Orange Juice

## Why not swap your juice?

Feel free to swap your juice from apple to orange or vice versa if you fancy a change....

# Super Smoothies

All blended with 98% fat free pro-biotic yoghurt. Dairy free smoothies available without yoghurt or with soya milk.

Small - £2.35

Large - £3.35

## BREAKFAST BLAST

Raspberry, Blueberry, Honey, Muesli, Skimmed milk and a shot of **FIBRE** booster.

## DELIGHTFUL DETOX

Strawberry, Pineapple, Apple Juice and a shot of **ANTI-OXIDANT** booster.

## ENERGY REFUELLER

Raspberry, Mango, Apple Juice and a kick from a shot of **N-R-G** booster.

## IMMUNISER

Peach, Strawberry and Apple Juice with a shot of **BUG BUSTER** to boost your system.

## WAKY WAKY

Strawberry, Raspberry, Orange Juice and an **OVER HANG** booster to bring you round and kick start the day.

## Mix and Match?

Make your own Large Smoothie (or 2 smalls) from any 2 smoothies on the menu.

# BOOSTERS

Add a boosters to any blended cold drink for just 50p per shot



### SLENDER BLEND

Enhance your metabolism, increase lean muscle and promote heart health.



### WHEY PROTEIN

Build muscle mass, lower your cholesterol and boost essential amino acids



### N-R-G

Fight fatigue and increase stamina and vitality



### BUG BUSTER

Stimulate your immune system to fend off colds, flu's and maintain health



### FIBRE

Improve nutritional absorption, lower cholesterol and regulate blood sugar



### ANTI-OXIDANT

Neutralise free radicals and increase your immune function



### OVER HANG

Help relieve headaches, motion sickness, indigestions and oh yes - hangover!



### WHEATGRASS

One of nature's gems - purifies blood, neutralises toxins, improves digestion and helps purify the liver

Remember - You can add any boosters to any smoothie, shake, frappe or iced tea or coffee....

# Fruit Smoothies

Our new range of Smoothies are packed with one key thing – Fruit, with a bit more fruit and finished with fruit (oh and some 98% fat free yoghurt and a splash of juice)

# Super Smoothies

No ordinary smoothie. These smoothies are blended with a Great Coffee Booster to add even more goodness into your smoothie. Key ingredients such as calming Aloe Vera, flu fighting Echinacea, and cleansing anti-oxidants and key vitamins provide a far tastier and faster solution than just eating your greens!

## BOOSTERS

Now although all our Smoothies are loaded with goodness from all that fruit and they are virtually fat free, there are times when this is just not enough. You might just need a lift or a high energy kick up the backside...

This is where our **BOOSTERS** come in....

Remember - you can add a booster to any smoothie, shake, frappe, iced coffee or tea.



## ENJOY OUR **NEW** SMOOTHIE MENU:

1. Choose a Smoothie or Super Smoothie.
2. Pick a Booster or two to add if you want some added punch.
3. Place your order at the counter
4. Sit back and enjoy\* your nutrient, Vitamin, goodness packed drink, smug in the knowledge you are looking after yourself.

\*outside on our lovely terrace if the sun is shining!!

# Cold and Blended Drinks

Iced Frappe's	Reg	Large
---------------	-----	-------

Mocha Frappe	£2.45	£2.90
--------------	-------	-------

Caramel Frappe	£2.45	£2.90
----------------	-------	-------

Vanilla Frappe	£2.45	£2.90
----------------	-------	-------

### Iced Espresso's

Iced Americano	£1.95	£2.10
----------------	-------	-------

Iced Latte	£2.30	£2.50
------------	-------	-------

Iced Mocha	£2.45	£2.65
------------	-------	-------

Iced White Mocha	£2.45	£2.65
------------------	-------	-------

### Great Shakes

Create your own Great Shake – choose a flavour and something to add to it chocolate, cookie etc – limitless possibilities!

	£2.60	£3.30
--	-------	-------

### Iced Teas

Create a refreshing blended tea from our vast selection of Ringtons leaf teas

	£2.55	
--	-------	--

Freshly Squeezed Orange Juice	Sml	Large
	£1.75	£2.75

Please see menu boards for full range of drinks available.