

# FRESH JUICES

Smoothies

CALORIES 480 mL

**HEAVENLY HORIZON** 210

Apples, lemons, ginger, pineapples

**STRAWBERRY LEMON-AID** 240

Strawberries, lemons, apples,  
ginger, carrots

**HAIL TO THE KALE** 140

Kale, apples, ginger, lemons, basil

**GINGER HAMMER** 190

Ginger, carrots, apples

**MAUI JUICE** 200

Oranges, bananas, pineapples

**RED SUNRISE** 170

Beets, carrots, apples

**TAHITI SQUEEZE** 180

Oranges, strawberries, apples

**CELERY JUICE** 60

Ask us for freshly squeezed  
apple, carrot or orange juice!

220 / 160 / 220



# CLASSICS

Smoothies

CALORIES 710 mL / 355 mL

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**STRAWBERRY SUNSHINE** 290 / 150

Strawberries, bananas, passion fruit, guava, yogurt

**PIRATES NECTAR** 300 / 140

Mangos, pineapples, pomegranate, yogurt

**VERY BERRY** 280 / 140

Blueberries, raspberries, strawberry, cranberry, yogurt

**MANGO HURRICANE** 280 / 140

Mangos, strawberries, passion fruit, guava, yogurt

**TROPICAL TORNADO** 350 / 170

Mangos, bananas, pineapple, strawberry, yogurt

**HAWAIIAN SUNSET** 270 / 130

Raspberries, bananas, mango, passion fruit, guava, vanilla frozen yogurt



# SPIRIT

Smoothies

CALORIES 710 mL / 355 mL

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## MANGOSICLE

290 / 130

Mangos, pineapple, vanilla frozen yogurt

## FUNKY MONKEY

400 / 200

Bananas, chocolate almond milk,  
vanilla frozen yogurt

## CANADIAN COLADA

370 / 190

Pineapples, bananas,  
vanilla frozen yogurt, coconut

## BERRY CREAM SENSATION

260 / 130

Blueberries, strawberries, passion fruit,  
guava, vanilla frozen yogurt

## PINEAPPLE FREEZE

310 / 160

Pineapples, bananas, strawberries,  
vanilla frozen yogurt

## OAT-RAGEOUS MOCHA

440 / 220

Bananas, coffee, cocoa, vanilla oat milk,  
vanilla frozen yogurt



# REFRESH

Smoothies

CALORIES 710 mL / 355 mL

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## SPINACH IS IN IT

320 / 180

Spinach, mangos, apples, açai

## TROPI-KALE

290 / 140

Kale, mangos, bananas, apples, pineapple

## COCO CRUSH

290 / 150

Coconut water, pineapples, bananas, coconut

## WILDBERRY RUSH

190 / 90

Strawberries, blueberries, apples, coconut water, basil



# HIGH PROTEIN

Smoothies

CALORIES 710 mL

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## **BANANAS-A-WHEY** 360

Bananas, pineapple, skim milk, vanilla frozen yogurt, whey protein (protein 28 g)

## **RIPPED BERRY** 390

Blueberries, raspberries, cranberry, skim milk, vanilla frozen yogurt, honey, whey protein (protein 29 g)

## **STRAWBERRY STORM** 280

Strawberries, raspberries, cranberry, vanilla frozen yogurt, whey protein (protein 23 g)

## **NUTTIN' BETTER** 650

Wowbutter<sup>®</sup>, bananas, skim milk, pineapple, vanilla frozen yogurt, whey protein (protein 39 g)



# SUPERFOOD

Smoothies

CALORIES 710 mL / 355 mL

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## BRAZILIAN THUNDER

410 / 200

Açaí, raspberries, bananas, strawberry, yogurt

## OCEAN MIST

310 / 150

Strawberries, bananas, mango, passion fruit, guava, collagen (collagen 8 g)

## MATCHA MONSOON

280 / 140

Pure Matcha green tea, vanilla almond milk, vanilla frozen yogurt

## POMEGRANATE PASSION

280 / 140

Pomegranate, strawberries, raspberries, vanilla frozen yogurt

## LEMON BERRY

280 / 140

Pomegranate, cranberry, lemon, strawberries, pineapples



# SUPERFOOD+

Smoothies

CALORIES 710 mL

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## **HIGH IMPACT AÇAÍ** 470

Açaí, raspberries, cranberry, skim milk, vanilla frozen yogurt, whey protein (protein 26 g)

## **MIND OVER MATCHA** 350

Pure Matcha green tea, blueberries, vanilla almond milk, vanilla frozen yogurt, whey protein (protein 25 g)

## **AÇAÍ AVALANCHE** 330

Açaí, strawberries, blueberries, vanilla oat milk, vanilla frozen yogurt, spinach, whey protein (protein 23 g)

## **POMEGRANATE PUNCH** 340

Pomegranate, raspberries, bananas, strawberry, vanilla frozen yogurt, whey protein (protein 22 g)



# BOOSTER BLENDS

Regular

CALORIES 480 mL

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## MANGO TEAZER

60

Green tea, mangos, pineapple

## TROPICAL TEAZER

45

Green tea, blueberries, passion fruit, guava, orange

# SHOTS

Double / Single

CALORIES 60 mL / 30 mL

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## LEMON & GINGER

15 / 10

## LEMON, GINGER, COCONUT WATER & TURMERIC

15 / 10

## APPLE, LEMON, GINGER

30 / 15

# BOOSTER BALLS

CALORIES

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Please see display for current flavours and calories

100-150

