



SMOOTHIES

Optimum Nutrition

Low GI • Gluten-free • Dairy-free

ADD-INS

ORGANIC VEGAN PROTEIN \$2
chocolate or vanilla (15g)

GOLDEN MILK POWDER \$1
turmeric • vegan

**GRASS-FED COLLAGEN
HYDROLYSATE (1 tbsp)** \$1

ORGANIC HONEY \$1

THE GREEN ONE \$9.50
spinach, banana, peach, hemp
seeds, almond butter (1tsp), agave

Cleansing, alkaline + full of fibre

THE BLUE ONE \$9.50
banana, peach, strawberries, blue
spirulina, organic vanilla vegan
protein (15g)

Naturally anti-inflammatory. It really is blue!

THE PURPLE ONE \$9.50
blueberries, raspberries, blackberries,
strawberries, banana, grass-fed
collagen hydrolysate, hemp seeds

Bursting with berries for an antioxidant hit!

**THE CHOCOLATE-
STRAWBERRY ONE** \$9.50
banana, strawberries, organic chocolate
vegan protein (15g), golden milk
powder (turmeric), cashew butter (1tsp)

Recovery blend. Great before or after a workout

Blended with your choice of unsweetened milk:

ALMOND • OAT • FLAX