

smoothies



COOL BANANAS

Banana, low fat milk or soy, low fat frozen yoghurt, honey or cinnamon optional & ice

BERRY WILD

Mixed berries, apple juice, low fat frozen yoghurt & ice

TROPICANA

Pineapple juice, banana, mango, passionfruit, low fat frozen yoghurt & ice

STRAWBERRY FIELDS

Strawberries, banana, passionfruit, apple juice, low fat frozen strawberry yoghurt & ice

MANGO DELIGHT

Mango, banana, low fat milk or soy, low fat frozen mango yoghurt & ice

CHOCOLATE TEMPTATION

Chocolate, banana, vanilla essence, low fat milk or soy, low fat frozen yoghurt & ice

COFFEE BREAK

Regular or decaf espresso coffee, low fat milk or soy, low fat frozen yoghurt & ice

RASPBERRY RUSH

Raspberries, apple juice, fat free berry sorbet & ice

CARIBBEAN DREAM

Banana, pineapple juice, coconut, fat free sorbet & ice

MANGO BLAST

Mango, apple juice, fat free mango sorbet & ice

FUNKY MONKEY (Dairy Free)

Strawberries, banana, soy milk, tofu ice cream, honey optional & ice

MORNING GLORY

Muesli, banana, pear, low fat milk or soy, honey, low fat frozen yoghurt, multi-vitamin supplement & ice

TERMINATOR

Banana, mixed berries, low fat milk or soy, low fat frozen yoghurt, muscle builder supplement & ice

SLIM 'N' TRIM

Raspberries, apple juice, pineapple, fat free mango sorbet, slimming supplement & ice

100% juices



TROPICAL TANGO

Pineapple, orange, banana & honey

BAHAMA BANGER

Mango, pineapple, orange & passionfruit

DETOXIFIER

Carrot, celery, beetroot, ginger & lemon

SLIM C

Pineapple, orange, apple, kiwifruit & Slimming supplement

MARATHON MAN

Celery, cucumber, carrot, & endurance supplement

RE ENERGIZER

Banana, pineapple, orange, strawberries & energizing supplement

JUMP START

Orange, pineapple, lemon, grapefruit & Brain supplement

FREESTYLE

Choose your own blend

fruit salads



FRUIT SALAD

With fat free sorbet, frozen yoghurt or evia yoghurt \$1

APPLE CRUMBLE

With fat free sorbet, frozen yoghurt or evia yoghurt \$1

EVIA YOGHURT



smoothies & 100% juices