

# SUPERFOOD SMOOTHIES

**(superberry** strawberries, blueberries, banana, goji, coyo, & dates with your choice of mylk\*

**#chocavo** avocado, raw cacao, cinnamon, coconut flesh & oil, chilli & dates with your choice of mylk\*

**\*greendream** banana, coconut flesh & oil, & vital greens

**^nut&husk** our signature vegan smoothie: made with house-made almond mylk\* & a raw almond & macadamia nut butter blended to perfection with coconut flesh & oil, local spray-free bananas & cinnamon

**!bananabuilder** banana, yoghurt, dates, maca, cinnamon & your choice of vegan protein & mylk\*

**+superblue** açai berry, blueberry & banana, raw cacao & dates

**=rawgreen** go raw with kale, baby spinach, banana, avocado & pineapple, made on king coconut water

**&all-daybreakfast** house-made almond mylk\*, organic oats, coconut yoghurt, organic medjoul dates, chia seeds, maca, lucuma & local spray-free bananas keep you full for an anytime breakfast on the run.

**@cocolada** pineapple chunks, lime, mint, kale, coconut water & coconut blossom nectar

**-bollywood** ayurvedic immune booster with ginger, cashews, banana, coco kefir & housemade activated almond mylk\*

**]mangolass** mango, baobab, lime, mint, chia seeds, coyo, king coconut water & dates

**|rawsaltedcaramel** mesquite, maca, medjoul dates, banana, murray river pink salt, coconut flesh & housemade coco mylk\*

REGULAR \$7.90

LARGE \$9.90

## EXTRAS

Chia seeds	\$0.50
Maca, açai or maqui powder	\$1.00
Sprouted brown rice OR pea protein powder	\$1.00
Vital Greens	\$2.00

\*All smoothies can be made on any of the following bases: organic full cream milk, house-made activated insecticide-free almond mylk and organic coconut mylk, or coconut water. Any smoothie can be made vegan. Local spray-free, seasonal & certified organic produce is used preferentially whenever possible.

