

THE BOOST

SMOOTHIES + SHAKES



BETTER HEALTH

feel better & protect your health

ALL NATURAL SMOOTHIES 16oz.

98% fat-free smoothies made with fresh fruit and yoghurt

Mango Magic \$9.00

Mango, Banana, Vanilla Yoghurt, Ice & Almond Milk

All Berry Bang \$9.00

Strawberry, Blueberry, Raspberry, Almond Milk and a shot Go Chi & Ice

Banana Boost \$9.00

Banana, Honey, Almond Milk, Vanilla Yoghurt & Ice

Tropical Storm \$10.00

Mango, Banana, Coconut Water, Yoghurt & Ice

Gone Nuts \$10.00

Almond Butter, Peanut Butter, Banana, Honey & Yoghurt

Hemp-Smoothie \$10.75

Banana, Flax, Maca, Chia, Mango & Almond Milk

Green Monster \$10.50

One Fruit, Honey, Kale, Superfood

> Superfood contains: Barley, Blue Green Algae, Chlorella, Wheat Grasses, Seaweed, Spinach Leaf, Rose Hip, Acerola Cherry, Purple Dulce and Alfalfa

We can add Whey Protein or Vegetable Protein for an extra \$2.50

HEALTHY NUTRITIONAL PROTEIN SHAKES

Wild Berry \$8.00 18g Protein

A tangy berry blend rich in Phytonutrient and flavor

French Vanilla \$8.00 18g Protein

Nice and creamy blend with all the goodness you need to get going

Dutch Chocolate \$8.00 18g Protein

A taste sensation by all, packed with goodness

Cookies 'n Cream \$8.00 18g Protein

This delicious shake has generous amounts of protein and fiber to keep you full with very little calories

All shakes are made with Almond Milk and Ice only and served in 16oz. cups

If you would like to add fresh fruit add \$1.00

Add a shot of Green Tea Extract for \$1.75



GYM AND FITNESS SHAKES

Cold Pre-Workout drinks and After-Workout drinks are ready for people on the go from the fridge
> check our selection

AFTER WORKOUT PROTEIN SHAKES

Rebuild Strength \$9.00 Hydrolyzed Protein

Immediate and sustained muscle recovery shake
24g of protein, 3000mg L-Glutamine 4000mg BCAA
Chocolate Flavour

ProEnergy \$9.00

100% Natural Whey Protein Isolate from grass-fed cows, no hormones or antibiotics - 1g of sugar from Stevia - 40g Protein
Vanilla or Chocolate Flavour

Our juice smoothies are made with REAL FRUITS to give you vitamins, minerals and antioxidants to help boost your immunity and keep you feeling Great!

It's amazing something so healthy can taste so good.