

BOWLS

AÇAÍ 13.5

SUPER AÇAÍ

Açaí blended with banana, coconut water topped with granola, dragon fruit, coconut & raspberries

CHOC POWER

Açaí blended with banana, cacao & choc almond milk topped with raspberries, choc granola, coconut, pepitos & PB drizzle

MINT

Açaí blended with banana, mint & coyo topped with strawberries, raspberries, coconut, hemp seeds & mint,

APPLE CINNAMON

Açaí blended with apple flesh, apple juice topped with sliced apple, granola, grapes, chia & yoghurt

SMOOTHIE 13.5

BLUE MAJIK

Coconut yoghurt, banana, passionfruit, topped with coconut, dragon fruit, blueberries, chia & crushed macadamia nuts

CHOC BLISS

Choc coyo, cocoa powder, avocado, banana, dates, choc almond milk topped with choc, granola, blueberries, banana, cacao nibs, peanut butter & chopped pistachios

TURMERIC

Mango, orange, turmeric, banana, coyo topped with banana, granola, coconut, hemp seeds & mint

IN THE TROPICS

Mango, pineapple, banana, coconut milk topped with passionfruit, granola, coconut, mango, kiwi, almonds & maca powder

PINK DRAGON

Pink dragon fruit, coconut water topped with dragon fruit, coconut, yoghurt, almonds, pepitos & mint.

CELEBRATE GREEN

Mango, banana, spinach, coconut water, mint, kiwi, spirulina topped with kiwi, goji, flax seeds & mint

SMOOTHIES

FRUIT BLENDS 8.5

BERRY MUCH

Mixed berries, apples juice, berry sorbet & yoghurt

MANGO PASSIONFRUIT CHILL

Mango, passionfruit, apple juice, ice & mango sorbet

LEMON DELICIOUS

Whole lemon, lemon juice, orange juice, lemon sorbet, ice & ice cream

WICKED WATERMELON

Watermelon flesh & juice, raspberries apple juice, ice & berry sorbet

CLASSIC BANANA

Bananas, milk, yoghurt & honey

DRAGON FIRE

Pink dragon fruit, raspberries, apple juice & banana

C BREEZE SQUEEZE

Strawberries, raspberries, orange juice, ice & berry sorbet

MANGO LASSI

Mango, milk, yoghurt, cardamom & mint

AVOCADO LOVER

Avocado, banana, milk, yoghurt, honey & ice

CARIBBEAN CALMER

Banana, pineapple, mango, coconut milk, yoghurt & ice

SUMMERTIME BLUES

Blueberries, mango, pineapple, ice, apple juice & mango sorbet

FRESH JUICES 7.5

SWEET OJ

100% oranges

ENERGISE ME

Carrot, apple, lemon, ginger

TRIPLE C

Carrot, celery, cucumber

GREEN DAY

Apple, cucumber, ginger, lime, celery

DETOX ME

Beetroot, carrot, apple, OJ, lemon

IMMUNE BOOST

Beetroot, celery, carrot, ginger, orange

REFRESH ME

Orange, pineapple, watermelon, apple, mint

CUSTOMISE ME

Make your own out of any of our fruits & veg

SMOOTHIES

SUPER HEALTHY BLENDS 9.5

BLUE MAJIK

E3 Live blue majik powder, coconut milk, banana, pineapple, coconut yoghurt topped with coconut & mint

CHOC PROTEIN

Chocolate Almond milk, choc protein powder, choc coyo, banana, dates topped with cacao nibs

SUPER AÇAÍ

Açaí, banana, strawberry, almond milk & maca

VEGAN GREEN

Almond milk, avocado, pineapple, kiwi, apple & spirulina

PINK COCONUT

Coconut milk, strawberries, raspberries, coyo, topped with Goji berries & coconut

MORNING MUSCLE UP

Banana, blueberries, milk, yoghurt, protein, oats, hemp & peanut butter

ENERGISER

Mixed berries, watermelon & mango, apple juice, yoghurt & maca

LOW CARB/KETO

Raspberries, strawberries, almond milk, erythritol, MCT oil & ice

ANTI-INFLAMMATORY

Raspberries, blueberries, ginger, turmeric root, OJ & ice

ANTI VIRUS

Apple, pineapple, beetroot, ginger, turmeric, lemon, manuka honey & ice

TROPICAL STRENGTH

Mango, banana, passionfruit, coconut yoghurt, coconut milk & protein

HEALING HEMP

Strawberry, banana, almond milk, rice malt syrup, flaxseeds & hemp seeds

DEEP PURPLE AÇAÍ

Açaí, blueberries, raspberries & apple juice ice