



SMOOTHIE SNACK BOWLS | € 9

Healthy ways to satiate hunger pangs

WALNUT, BERRY AND BEETROOT | 377 KCAL

Beetroot, mixed frozen berries, oats, ginger, walnut milk
TOPPING: blueberries, walnuts and mint sprig

CHERRY BLOSSOM | 391 KCAL

Almond milk, vanilla whey protein powder, frozen black cherries, banana, almond butter, matcha powder
TOPPING: frozen cherries, strawberries, coconut, pumpkin seeds

PINÀ COLADA | 263 KCAL

Full-fat coconut milk, lime juice, pineapple chunks
TOPPING: choco cereal rice crispies, almond butter, chia seeds, maple syrup, kiwi, dried coconut

CHOCOLATE HAZELNUT | 362 KCAL

Almond milk, chocolate whey protein powder, raw hazelnuts
TOPPING: coconut, sesame seeds, dark chocolate

GLOWING GREEN | 325 KCAL

Almond milk, vanilla whey protein powder, spinach
TOPPING: banana, kiwi, dried coconut

ACAI | 219 KCAL

Oat milk, frozen berries, banana, oats, acai powder, vanilla essence, maple syrup
TOPPING: berries, coconut, nuts



SMOOTHIES | € 8

These healthy smoothie recipes are packed with nutrient-rich ingredients to start your day strong.

SPIRULINA

Banana, cucumber, coconut milk, spinach, spirulina powder

CUCUMBER

Cucumber, ginger, coconut water, lime, sugar, mint leaves

MATCHA & COCONUT

Coconut milk, frozen banana, matcha powder, maple syrup, coconut, shaved dark chocolate

TROPICAL PERFECTION

Papaya, pineapple, mango, coconut milk, low-fat yogurt

ENERGY JUICES | € 8

Light and refreshing,
just what you will want to cool down

FEEL BETTER JUICE

Green apple, orange, celery, carrot, kale, spinach, ginger, lemon

GRAPEFRUIT, CARROT, GINGER

Grapefruit, carrots, fresh ginger

MORNING K JUICE

Red apple, lemon, ginger, cayenne

KIWI MINT

Kiwi, spinach, banana, pineapple, lime, mint leaves

PROTEIN SHAKES | € 8

It's tasty, fuels the muscles,
and leaves your body feeling satisfied

MANGO ENERGY | 250 KCAL

Tropical whey protein powder, mango, walnuts, fresh orange juice

CHOCOLATE MINT | 340 KCAL

Chocolate whey protein powder, almond milk, unsweetened cocoa, walnuts, banana, almonds, fresh mint leaves

VERY BERRY | 150 KCAL

Vanilla whey protein powder, raspberries, strawberries, blueberries, low-fat milk

Add extra protein

€ 2



FROZEN SHAKES | € 8

Deliciously refreshing

RASPBERRY

Raspberry sorbet, raspberry, coconut milk, banana, ginger

PASSION & MANGO

Passion & mango sorbet, carrots, almond milk, honey, almond

LEMON

Lemon sorbet, banana, pineapple, almond milk, fresh mint

COCONUT

Coconut sorbet, cucumber, melon, celery, coconut milk, grated coconut, lime, chia seeds

WITH ALCOHOL | € 11

These drinks prove that fresher is always better when having your favourite sip

BEET & WHISKY

Jameson Irish whiskey, fresh beet juice, lemon juice, honey syrup, tarragon

THE STALKER

Bombay Sapphire gin, celery, lime juice, grapefruit juice, ginger beer, rosemary sprig

TITO'S AND CARROT

Tito's vodka, ginger liqueur, carrot juice, lemon juice