ICE POPS 3

OMG (OH MY GUAVA!)
Guava, plain organic yoghurt, honey

TANGY FRUIT
Mango, pineapple & passionfruit, plain organic yoghurt, honey

CHOCOLATE
Dark chocolate almond milk, banana, cacao nibs (vegan)

PINK PANTHER
Watermelon, strawberry, banana, agave

IMMUNITY SHOT 4.50
Lemon, ginger, tumeric, cayenne, black pepper & honey

KOMBUCHA

12 OZ GLASS 5.75
32 OZ BOTTLE 13.50
(REFILLS 12.50)

BOOST YOUR SMOOTHIE
with powdered organic mushrooms
DETOX / IMMUNE
RECOVER / ANTI-AGING
+2

PROBIOTIC LEMON+AID

SHOT 2.75 / BOTTLE 7.50
Kombucha, lemon, ginger, tumeric, cayenne, black pepper

COLD PRESSED JUICES 6.50

WATERMELON
(+/- ginger)

CLOCKWORK ORANGE
Carrot, oj, lemon, +/- ginger

PINK GINGER
Beet, carrot, pineapple, apple, ginger

FRISKY SOUR
Grapefruit, orange, lemon, lime

FRUIT PUNCH
Watermelon, orange, pineapple

GREEN PARTY
Local greens (kale, purslane & mint), cucumber, parsley

GREEN ALKALISER
Local greens (kale, purslane & mint), parsley, celery, cucumber, watermelon

GREEN POWER
Local greens (kale, purslane & mint), parsley, celery, cucumber, watermelon, apple, pineapple

JACKED UP SMOOTHIES

CONTAIN PANTHER ESPRESSO FOR YOUR CAFFEINE FIX

JACKED UP GEORGE 8
Espresso, milk, banana

HARLEM EXPRESS 8
Espresso, choc almond milk, banana

THE CHAI EXPRESS 9.50
Espresso, milk, maca, chai spices, banana

ALL DAY EXPRESS 8.50
Espresso, milk, granola, peanut butter, banana

TIRAMISU 9
Espresso, milk, avocado, maca, banana

MILKY SMOOTHIES

(DAIRY OR NON-DAIRY) CHOICE OF 2% DAIRY, COCONUT, CHOCOLATE, ORIGINAL OR UNSWEETENED ALMOND MILK

CURIOUS GEORGE 6
Milkof choice, banana

BOB THE BUILDER 6.50
Milk, peanut butter, banana

HARLEM SHAKE 6
Chocolate almond milk, banana

ALL DAY BREAKFAST 6.50
Milk, granola, peanut butter, banana

CHUNKY BOB 6.75
Milk, peanut butter, banana, chocolate chunks

STRAWBERRY SHORTCAKE 6.50
Milk, strawberry, banana, honey

PEPPY LONGSTOCKINGS 6.75
Chocolate almond milk, peppermint, banana, chocolate chunks

PBJ 6.75
Milk, strawberry, banana, peanut butter

JUICE BASED SMOOTHIES

LIGHT, FRUITY & REFRESHING. DAIRY FREE

ORANGE JULIUS 6.75
Orange juice, banana

PINK PANTHER 6.75
watermelon juice, strawberry, banana

SUN SALUTE 6.75
coconut water, oj & pineapple juice, mango, banana

FRISKY MONKEY 6.75
Orange, grapefruit, lemon juice, banana

CARMEN MIRANDA 6.75
Oj, pineapple & watermelon juice, strawberry, peach, mango, banana

PINEAPPLE EXPRESS 7.50
Pineapple, ginger, coconut water, banana & date

SUPER SMOOTHIES

CONTAIN NATURE'S SUPERFOODS FOR A NATURAL BOOST

CHAI SMOOTHIE 8
Housemade chai spice blend, maca, milk, banana

CACAO MINT 8
Milk, peppermint, spinach, banana, raw cacao nibs

ONE LOVE 8.50
Milk, raw cacao, maca, banana, cacao nibs

THE HIGH ROLLER 9.50 WITH ESPRESSO 10.50
Milk, avocado, maca, dates, raw cacao, banana

PBJ POWER 8.75
Milk, strawberry, peanut butter, banana, maca, & vanilla protein

GREEN:

THE HULK 8.50
Green Alkalizer juice, spirulina, banana

MATCHA GREEN 8.50
Milk, matcha green tea, spinach, banana

CLEAN GREEN 8.50
Coconut water, spirulina, spinach, mango, pineapple

SUPED UP CLEAN GREEN 10.50
CLEAN GREEN + avocado & hemp protein

DR GREEN 9.50
Coconut water, spirulina, spinach, lemon, honey, ginger, green apple, avocado +/- garlic & cayenne

PINK:

BERRY LEGIT 8.50
Watermelon, chia, mixed berries & banana

SUPED UP BERRY 8.50
Milk, mixed berries, acai, banana, honey

THE AMAZONIAN 8.50
Coconut water, acai, mango, mixed berries, honey

TICKLED PINK 8.50
Pink Ginger juice, chia, mango, pineapple

THE FRESH MAKER 9.50
Coconut water, blueberry, ginger, mint, mango, honey, pineapple, chia

add vegan vanilla protein or natural hemp protein +2.00
sub bananas for other fruit +.50c
add ginger juice to any juice or smoothie +.50c