

# FUEL

## SHAKE & SMOOTHIE MENU

### PROTEIN SHAKES

Pack a punch and shake it up!

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#### BERRY BLAST

Strawberry whey protein, mixed berries and iced water

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#### HULK

Banana whey protein, apple, spinach, banana and almond milk

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#### PROTEIN MOCCA

Iced oat milk marbled with a double espresso shot, cacao, maple syrup and vanilla whey protein

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#### STRAWBERRIES & CREAM

Fresh strawberries, honey, almond milk and vanilla whey protein

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#### BANANARAMA

Goosey peanut butter, banana, almond milk and vanilla whey protein

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#### CHOC NUT

Raw cacao, almond milk, peanut butter and vanilla whey protein

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#### PINA COLADA

Pineapple, coconut milk and vanilla whey protein

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Alternative milks and vegan protein powders available. Please let us know if you have any special dietary requirements – we are very happy to customise your drink wherever possible.

### GLOW SMOOTHIES

Perfect for that post-workout glow

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#### DAILY GREENS

Kale, ginger, apple, blueberries, lemon juice, flax and hemp seeds

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#### GINGER SHOT

Organic apple, spinach, lemon and ginger

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#### BLUEBERRY BOMB

Blueberries, banana, coconut water, peanut butter, chia seeds and maca powder

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#### MANGO LASSI

Coconut milk, mango, lemon juice and cardamom

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ALL SHAKES & SMOOTHIES £3.95