



# Café Café – Smoothies and Protein Shakes

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## FRESH FRUIT SMOOTHIES

- **Groovey Greenie** – Low Fat Yoghurt Banana, White Grapes, Apple and Spinach Leaves - **£2.75**
- **Bananaberry** – Low Fat Yoghurt, Apple Juice, Straw berries and Banana - **£2.75**
- **Vitamin Burst** - Lots of vitamin C from Orange Juice, Apple Juice, ½ Lemon and ½ Lime – **£2.75**
- **Blueberry Hill** - Apple Juice, Cranberry Juice, Banana and Blueberries – **£2.75**
- **Raspberry Rage** - Pomegranate Juice, Raspberries and Red Grapes - **£3.25**
- **Very Berry** – Cranberry Juice, Raspberries, Strawberries and Blueberries - **£3.25**
- **Tropical Storm** – Pineapple Juice, Low Fat Yogurt, Strawberries and Banana – **£2.75**
- **Grape Ape** – Low Fat Yoghurt, Grape Juice, White Grapes, Red Grapes and Banana - **£2.75**

## FRESH FRUIT PROTEIN SHAKES - £3.75

- **Peanut Butter Protein Buster** - Soymilk, Banana, Peanut Butter and Whey Protein Powder
- **Oat Protein Buster** – Apple Juice, Low Fat Yoghurt, Banana, Oats and Whey Protein Powder
- **Pre-Workout 1** – **Soymilk**, Banana, Whey Protein Powder
- **Pre-Workout 2** – Orange Juice, Honey, Oats, Banana. Whey Protein Powder
- **Post-Workout 1** – Pineapple Juice, Creatine Powder, Banana
- **Post-Workout 2** – Apple Juice, Honey, Creatine Powder, Grapes
- **Fat Burner 1** – Soymilk, Whey Protein Powder, Oats and Strawberries
- **Fat Burner 2** – Low-Fat Yoghurt, Skimmed Milk, Honey, Raspberries