

# THE SMOOTHIE 'N' SHAKE BAR

## SMOOTHIES

\$7.5 EACH

**STRAWBERRIES & CREAM** – Strawberries, Vanilla Soft Serve, Vanilla Protein, Strawberry Cottees & Skim Milk

**MANGO'CONNELL** – Mango, Passionfruit, Frozen Yoghurt, Soy Milk & Honey

**ORIGINAL BOOTCAMP BREKKIE** – Banana, Muesli, Frozen Yoghurt, Honey & Skim Milk with a hint of Cinnamon

**THE GOODLIFE** – Blueberry, Banana, Frozen Yoghurt, Honey & Skim Milk

VEGAN **GREEN OASIS on O'CONNELL** – Spinach, Celery, Pineapple, Banana, Chia Seed & Almond Milk

VEGAN **SUMMER SUNRISE** – Raspberry, Passionfruit, Mango, Lemon Sorbet & Tropical Juice

VEGAN **VERY BERRY CRUSH** – Blueberry, Raspberry, Strawberry, Lemon Sorbet & Tropical Juice

## SWEET SHAKES & FRAPPES

\$7.5 EACH

**THE PANCAKE SHAKE** – Vanilla Ice Cream, Maple Syrup, Malt & Milk served with a Chocolate Wafer

**MILO & MAGIC** – Milo, Ice Magic, Chocolate Soft Serve & Milk

**CHOC PEANUT BUTTER & PROTEIN** – Crunchy Peanut Butter, Vanilla Protein Powder, Cadbury's Choc Sauce, Ice & Soy Milk.

**SALTED CARAMEL CHOC CRUNCH** – Salted Caramel, Chocolate Biscuits, Iced Magic, Chocolate Soft Serve & Milk served with Caramel Popcorn

**NUTELLA FRAPPÉ** – Nutella, Ice, Soft Serve & Milk. (OPTIONAL: Whipped Cream)

**NUTELLA HEART FRAPPÉ** – Nutella, Strawberries, Strawberry Cottee's, Ice, Soft Serve & Milk. (OPTIONAL: Whipped Cream)

**THE MOCHELLA** – Nutella, Espresso, Ice, Soft Serve & Milk. (OPTIONAL: Whipped Cream)

**COFFEE FRAPPÉ** – Espresso, Vanilla, Soft Serve, Ice & Milk. (OPTIONAL: Whipped Cream)

## MILKSHAKES & THICKSHAKES

MILKSHAKES \$6 || KIDS SHAKES \$5 || THICKSHAKES \$6.5

CHOCOLATE

VANILLA

STRAWBERRY

CARAMEL

LIME

BANANA

## ICED DRINKS

\$6.5 EACH - All served with Ice, Soft Serve, Milk & Whipped Cream

**ICED COFFEE** – Triple Espresso

**ICED CHAI** – Cinnamon & Sugar Chai Syrup

**ICED CHOCOLATE** – Cadbury's Chocolate Sauce

**ICED MOCHA** – Double Espresso & Cadbury's Chocolate

## VANILLA OR CHOC SOFT SERVE & ADD ON'S

**KIDS CONE \$2 || SOFT SERVE CUP \$3 || CHOC WAFFLE CONES**

**\$4 || TOPPINGS 50c EACH** – Sprinkles, Cottees Syrups,

Flake, Ice Magic, Milo, Popcorn, Chocolate Biscuit or Wafer Stick

**SOY, ALMOND OR LACTOSE FREE MILK EXTRA 50c**

**FRUIT ADD-INS \$2 EACH** – Banana, Mango, Blueberry, Raspberry, Strawberry, Passionfruit or Pineapple

**SMOOTHIE / SHAKE ADD-INS \$1 EACH** – Nutella, Peanut Butter, Espresso or Vanilla Protein Powder