

THE SMOOTHIE 'N' SHAKE BAR

SMOOTHIES

\$7.5 EACH

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

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

VEGAN **PINE-MANGO CRUSH** – Mango, Pineapple, Tropical Juice, Ice

VEGAN **PB PROTEIN w BANANA + CHOCOLATE** – Peanut Butter, Vanilla Protein, Banana, Almond Milk & Chocolate

VEGAN **SUPER GREENS** – Spinach, Banana, Mango, Supergreens Booster

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

VEGAN **ACAI BERRY** – Blueberry, Raspberry, Acai, Maple, Almond Milk

FRAPPES ON O'CONNELL

\$7.5 EACH

MILO FRAPPÉ – Milo, Cadbury Choc, Vanilla Soft Serve, Milk & Ice

NUTELLA FRAPPÉ – Nutella, Vanilla Soft Serve, Milk & Ice

♥ **NUTELLA HEART FRAPPÉ** – Nutella, Strawberry Syrup, Vanilla Soft Serve, Milk & Ice

MOCHELA FRAPPÉ – Nutella, Espresso, Vanilla Soft Serve, Milk & Ice

COFFEE FRAPPÉ – Espresso, Vanilla Syrup, Vanilla Soft Serve, Milk & Ice

MILKSHAKES & THICKSHAKES

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

MALT – +50c

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

SOFT SERVE (CHOC OR VANILLA) & ADD ON'S

KIDS CONE \$2

SOFT SERVE CUP \$3

CHOC WAFFLE CONES \$4

TOPPINGS 50c EACH – Sprinkles, Cottees Syrups, Milo SOY, ALMOND OR LACTOSE FREE MILK EXTRA 50c

SMOOTHIE / SHAKE ADD-INS \$2 ea – Nutella, Peanut Butter, Espresso, Supergreens, Acai or Vanilla Pea Protein