

THE SMOOTHIE 'N' SHAKE BAR

SMOOTHIES

\$7 EACH

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

MANGO'CONNELL – Mango, 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 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 \$5.5 || KIDS SHAKES \$4 || THICKSHAKES \$6

CHOCOLATE

VANILLA

STRAWBERRY

CARAMEL

LIME

BANANA

ICED DRINKS

\$6 EACH - All served with Ice, Soft Serve, Milk & Whipped Cream

ICED COFFEE – Triple Espresso

ICED CHOCOLATE – Cadbury's Chocolate Sauce

ICED MOCHA – Double Espresso & Cadbury's Chocolate

ICED BOUNTY – Coconut & Cadbury's Chocolate

ICED JAFFA – Orange & Cadbury's Chocolate

ICED CHAI – Cinnamon & Sugar Chai Syrup

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