SMOOTHIES $9+HST

AVOCADO DELIGHT
Loaded with protein to replenish your body’s necessities post workout.
Vanilla Whey, Avocado, Peaches, Banana, Yogurt, Honey, Fresh Orange Juice or Coconut Water
Protein 45g | Carbs 42g | Sugar 32g | Fibre 12g | Fat 14g | Calories 436

HEART SMART SMOOTHIE
Packed with anti-inflammatory & anti-cancer properties.
Vanilla Whey, Blueberries, Banana, Chia Seeds, Spinach, Coconut Water
Protein 33g | Carbs 46g | Sugar 23g | Fat 10g | Fibre 13g | Calories 367

CHOCOLATE COVERED ALMOND
Helps manage blood sugar levels & maintain good cholesterol.
Chocolate Whey, Almond Butter, Banana, Almond Milk or Coconut Water
Protein 35g | Carbs 26g | Sugar 16.2g | Fibre 3.5g | Fat 12g | Calories 344

RECOVERY REFRESHER
Provides ultimate hydration as well as immune & digestive system support.
Vanilla/Chocolate Whey or Vegan Option, Strawberries, Banana, Coconut Water, Glutamine
Protein 37g | Carbs 37g | Sugar 19g | Fibre 3g | Fat 0g | Calories 294

STRATUS SMOOTHIE
Nutrient dense & perfect for a post workout supplement.
Chocolate Whey, Peanut Butter, Banana, Honey, Milk
Protein 42g | Carbs 41g | Sugar 34.5g | Fibre 2.5g | Fat 8.3g | Calories 406

BERRY DELICIOUS
Rich in antioxidants & dairy free!
Vanilla Whey, Blueberries, Raspberries, Banana, Cranberry Juice
Protein 26g | Carbs 34g | Sugar 23g | Fibre 5.5g | Fat 1.7g | Calories 236

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