



❁ SMOOTHIE, JUICE & MILKSHAKE MENU ❁

RUDE VEGETABLE JUICE	4.50
<i>Beetroot, carrot, celery and apple.</i>	
VITAMIN C	4.50
<i>Orange, lime, lemon, pineapple and ginger.</i>	
BLOOD ORANGE	4.50
<i>Carrot, orange, ginger and beetroot.</i>	
IRON GREEN	4.50
<i>Spinach, kale, lime, pear and cucumber.</i>	
ENERGISER	4.50
<i>Apple, carrot and ginger.</i>	
TURMERIC ZING	4.50
<i>Apple, lemon, ginger, carrot and turmeric.</i>	
POWER SMOOTHIE	3.95
<i>Banana, oats, honey and milk.</i>	
HONESTY SMOOTHIE	3.95
<i>Banana, strawberries, apple and almond milk.</i>	
SUNSHINE SMOOTHIE	3.95
<i>Raspberries, banana, almond butter and honey.</i>	
VANILLA MILKSHAKE	2.95
STRAWBERRY MILKSHAKE	2.95

Some of our dishes are vegan friendly so please enquire with our staff.