

SUPERFOOD SMOOTHIES

THE ANTI-OXIDANT

INGREDIENTS: acai berries, goji berries, raspberries, banana, pineapple, coconut-infused water, almond / macadamia nut butter, honey

HEALTHY FACT The most antioxidant rich smoothie on the menu packs in antioxidants from a variety of sources – acai, goji berries and raspberries giving it anti-inflammatory properties beneficial for the immune and digestive system.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	563	1971	2967
Protein (g)	2,9	10,3	16,4
Carbohydrate (g)	17	59	82
of which Total Sugar (g)	7,2	25,1	40,1
Total fat (g)	6,7	23,4	37,5
of which Saturated fat (g)	0,7	2,5	4,6
Dietary fibre (g)	5,8	20,2	25,4
Total Sodium (mg)	5	17	18

NUT MILK

INGREDIENTS: almond / macadamia nut butter, cashews, cacao nibs, banana, coconut milk, coconut-infused water, honey

HEALTHY FACT The beautifying ingredients: cashews, nut butter and cacao nibs provide a great source of health fats, vitamin E, antioxidants and fiber, which nourishes skin cells keeping them elastic and healthy!



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	552	1932	2653
Protein (g)	3,1	10,8	14,1
Carbohydrate (g)	12	42	67
of which Total Sugar (g)	7	24,6	42,4
Total fat (g)	9,5	33,2	41,2
of which Saturated fat (g)	3,9	13,7	16,1
Dietary fibre (g)	2,1	7,3	8,9
Total Sodium (mg)	3	9	12

CHOCOLATE BLISS

INGREDIENTS: cacao, cacao nibs, frozen yoghurt, avo, dates, milk, honey

HEALTHY FACT Avocado is not only rich in healthy fat but fiber too! This fiber feeds the friendly bacteria in your tummy, which are very important for the optimal function of the digestive and immune system.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	386	1348	1967
Protein (g)	4	14	18,8
Carbohydrate (g)	13	47	68
of which Total Sugar (g)	9,1	31,6	46,4
Total fat (g)	5,4	18,9	28
of which Saturated fat (g)	2,6	9,2	12,8
Dietary fibre (g)	7,1	24,9	26,5
Total Sodium (mg)	32	112	148

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TROPICAL GREENS

INGREDIENTS: mango, pineapple, kale, spinach, ginger, pressed apple juice

HEALTHY FACT The combination of pineapple, kale and ginger in this smoothie make it a great choice for digestive health as it is rich in fiber, enzymes and soothing ginger!



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	195	683	1007
Protein (g)	0,5	1,9	2,4
Carbohydrate (g)	11	40	59
of which Total Sugar (g)	9,2	32	48,5
Total fat (g)	0,2	0,8	1,1
of which Saturated fat (g)	0	0,1	0,2
Dietary fibre (g)	0,8	2,9	4
Total Sodium (mg)	6	21	26

VITAMIN SEE

INGREDIENTS: mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)

HEALTHY FACT As the name says this smoothie is packed with vitamin C, which is not only beneficial for the immune system but it also helps promote collagen production which keeps the skin supple and healthy!



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	178	623	850
Protein (g)	0,7	2,4	3,3
Carbohydrate (g)	10	36	49
of which Total Sugar (g)	7,4	25,9	36,2
Total fat (g)	0,2	0,6	0,9
of which Saturated fat (g)	0	0,1	0,1
Dietary fibre (g)	0,8	2,7	3,9
Total Sodium (mg)	19	68	86

CITRUS GLO

INGREDIENTS: orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey, (honey, orange zest, orange juice, cinnamon, star anise)

HEALTHY FACT The added collagen in this smoothie can help strengthen skin, hair and nails and assist with digestive health.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	339	1185	1668
Protein (g)	2,6	9,1	12,6
Carbohydrate (g)	15	53	73
of which Total Sugar (g)	13,9	48,6	67,0
Total fat (g)	1,3	4,7	7,0
of which Saturated fat (g)	0,8	2,7	4,2
Dietary fibre (g)	0,9	3,0	4,1
Total Sodium (mg)	51	177	275

*Nutritional information for the products as ready-to-eat