

# Banana Blender

SMOOTHIES & HEALTHY BAR

All  
16 OZ.

## Healthy Intentions

Mix of vibrant fruits and healthy greens to boost your health.

### The Pineapple Slim Naf. 11.00

Pineapple, ginger, spinach, cinnamon.

### The Tropical Healer Naf. 11.00

Mango, orange juice, carrot.

### The Green Machine Naf. 11.00

Pineapple, banana, spinach, turmeric.

### The Code Detox Naf. 11.00

Pineapple, celery, turmeric.

## Power Up

Mix of vibrant fruits, veggies, healthy carbs and healthy fats.

### Banana Blender Naf. 11.00

Strawberries, banana, peanut butter, oats.

### Jump Start Naf. 11.00

Strawberries, orange juice, oats.

### Rise and Shine Naf. 11.00

Banana, coffee, peanut butter, oats, and cinnamon.

### Purple Power Naf. 11.00

Blueberries, banana, beets, and peanut butter.

## Keep the Gainz

You hit the gym, we feed your strength.  
Smoothies with 25 gr of protein.

### The Arnold Naf. 12.00

Banana, peanut butter, oats, one scoop of vanilla protein powder, hint of cinnamon.

### The "I don't eat carbs" Naf. 12.00

Mixed berries, peanut butter, one scoop vanilla protein powder.

### The Booty Builder Naf. 12.00

Peach, peanut butter, oats, one scoop vanilla protein powder.

#### Liquid Bases

Semi-Skimmed milk  
Water  
Almond milk\* Additional Naf. 0.70

#### Sweeteners

Honey  
0 Calorie sweetener

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## Wild Child

*Your fruits and veggies made fun.  
Dessert with benefits (we know you deserve it)*

### Chocolate Romance

Naf. 11.00

Banana, peanut butter, cacao, whipped cream.

### Oreo way of life

Naf. 11.00

Banana, Oreo cookies, vanilla extract, whipped cream.

### Cinnamon Roll

Naf. 11.00

Banana, oats, panela de papelón, cinnamon, whipped cream.

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## Simply Fruit



*Popeye will get mad. But we don't care. Just fruit no veggies,  
awesome taste.*

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### Just Fruit

Naf. 11.00

One fruit smoothie. Choose your favorite fruit and we will make it into a smoothie.

### Just Orange

Naf. 7.00

Freshly squeezed orange juice.



## From our healthy Bar

*Still hungry? Don't worry we got you covered.*

### Smoothie Bowl

Naf. 15.00

Bananas, mixed berries and mixed greens, topped off with fresh fruit, coconut flakes, granola, chia seeds and of course, peanut butter. It's a BOWL of goodness.

### It's a Waffle Kind of Day

Naf. 15.00

Our take on a nutritious and delicious Belgian Waffle. Topped off with fresh fruits, sugar free caramel and whipped cream.

## Smoothies' add-ins



*Want to add superpowers to your smoothie?*

Chia . . . . . Naf. 0.50

Flax seed . . . . . Naf. 0.50

Collagen . . . . . Naf. 1.00

1 Scoop of protein . . . . . Naf. 2.00

Peanut Butter . . . . . Naf. 0.50

Scoop of oats . . . . . Naf. 0.50