### COFFEES & BEVERAGES

<table>
<thead>
<tr>
<th>Drink</th>
<th>Regular</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Espresso</td>
<td>€1.30</td>
<td>€1.60</td>
</tr>
<tr>
<td>Double Espresso</td>
<td>€2.00</td>
<td>€2.40</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>€2.00</td>
<td>€2.70</td>
</tr>
<tr>
<td>Americano</td>
<td>€1.70</td>
<td>€2.40</td>
</tr>
<tr>
<td>Cafe Latte</td>
<td>€2.30</td>
<td>€3.00</td>
</tr>
<tr>
<td>Cafe Mocha</td>
<td>€2.50</td>
<td>€3.20</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>€2.50</td>
<td>€3.20</td>
</tr>
<tr>
<td>Tea (Variety)</td>
<td></td>
<td>€1.50</td>
</tr>
<tr>
<td>Hot Tumeric Latte</td>
<td>€2.80</td>
<td>€3.50</td>
</tr>
<tr>
<td>Hot Matcha Latte</td>
<td>€3.30</td>
<td>€4.00</td>
</tr>
<tr>
<td>Freddo Espresso</td>
<td>€2.50</td>
<td>€3.20</td>
</tr>
<tr>
<td>Fresso Cappuccino</td>
<td>€2.30</td>
<td>€3.00</td>
</tr>
<tr>
<td>Ice Cafe Lattee</td>
<td>€4.50</td>
<td>€5.00</td>
</tr>
<tr>
<td>Afgando (Coffee &amp; Ice Cream)</td>
<td>€2.70</td>
<td>€4.30</td>
</tr>
<tr>
<td>Frappe</td>
<td>€1.70</td>
<td>€2.00</td>
</tr>
</tbody>
</table>

### SMOOTHIES BOWLS

- **Acal bowl**
  - Acai, banana, berries, muesli, chia seeds.
  - €7.70
- **Matcha bowl**
  - Matcha, banana, kiwi, pineapple, almonds, goji.
  - €6.70
- **Cacao Protein bowl**
  - Banana, cacao, protein, peanut butter, cacao nibs.
  - €6.70

**Ask for the monthly bowl**

### ENERGY BARS
**No added Sugar or Dairy**

<table>
<thead>
<tr>
<th>Bar Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hezeitnut &amp; Raw Cacao</td>
<td>€2.50</td>
</tr>
<tr>
<td>Peanut Salted Caramel</td>
<td>€2.50</td>
</tr>
<tr>
<td>Tahini Bar</td>
<td>€2.50</td>
</tr>
<tr>
<td>Chia Goji &amp; Cacao</td>
<td>€2.50</td>
</tr>
</tbody>
</table>

### PROTEIN BARS
**No added Sugar or Dairy**

<table>
<thead>
<tr>
<th>Bar Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cacao &amp; Peanut Butter</td>
<td>€2.50</td>
</tr>
<tr>
<td>Caramel Cacao &amp; Peanuts</td>
<td>€2.50</td>
</tr>
<tr>
<td>Goji Acai &amp; Blueberries</td>
<td>€2.50</td>
</tr>
<tr>
<td>Vanilla &amp; Almond</td>
<td>€2.50</td>
</tr>
</tbody>
</table>
FRUIT BLENDS & JUICES

Regular | Large
---|---
400 ml | 500 ml

**Energizer**
Orange, Raspberry, Banana
Pineapple (Guarana*)
€4.50 | €5.00

**Beauty Nutrition**
Raspberry, Blueberry, Blackberry, Pear (Goji berries*)
€4.50 | €5.00

**Slimming**
Pineapple, Kiwi
Green Apple, (Guarana*)
€4.50 | €5.00

**Liver Cleanse**
Grapefruit, Orange
Apple, Lemon (Turmeric*)
€4.50 | €5.00

**Hangover**
Apple, Pineapple
Lemon, Ginger (Chlorella*)
€4.50 | €5.00

**Morning Sunshine**
Strawberries, Blueberries
Banana, Orange (Acai*)
€4.50 | €5.00

**Green Machine**
Cucumber, Apple, Spinach
Kiwi, Ginger (Wheatgrass*)
€4.50 | €5.00

**Detox**
Apple, Celery, Spinach,
Kale (Matcha*)
€4.00 | €4.50

**Protector**
Beetroot, Apple, Carrot
Celery, Ginger (Turmeric*)
€4.00 | €4.50

**Immune Boost**
Apple, Carrot, Orange
Ginger (Turmeric*)
€4.00 | €4.50

**Healthy Heart**
Pomegranate, Apple, Berries
€5.80 | €6.80

**Chakra Harmony**
Apple, Orange, Lemon
Pear (Acai*)
€4.00 | €4.50

**Zen...**
Apple, Kale, Carrot, Lemon
(ashwaganda*)
€4.00 | €4.50

**Skin care**
Apple, Carrot, Spinach
Parsley (Spirulina*)
€4.00 | €4.50

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SMOOTHIES & FITNESS SHAKES

Regular | Large
---|---
400 ml | 500 ml

**My Breakfast**
Banana, Strawberries
Apple, Oats, Yogurt
€4.50 | €5.00

**Peach Joy**
Peach, Mango, Apple, Yogurt
€4.50 | €5.00

**Berry bliss**
Raspberry, Strawberry, Apple, Yogurt
€4.50 | €5.00

**Summer Breeze**
Apple, Berries, Pineapple
€4.50 | €5.00

**Tropical Mango**
Mango, Banana, Pineapple, Orange
€4.50 | €5.00

**Watermelon freeze** (Seasonal)
Watermelon & Raspberry
€4.50 | €5.00

**Brain Tonic**
Raw cacao, Avocado, Banana
Honey, Milk, Walnuts (Maca*)
€5.00 | €5.50

**Iced Matcha Latte**
Coco Milk, Banana
Matcha, Agave, Vanilla
€5.50 | €6.00

**Iced Turmeric Latte**
Coco Milk, Turmeric
Cinnamon, Agave
€5.00 | €5.50

**Chocolate Milkshake**
Milk, Raw cacao
Honey, Vanilla, Banana
€4.50 | €5.00

**Iced Banana Coffee**
Banana, Coffee, Milk, Honey, Vanilla
€4.50 | €5.00

**Peanut Fitness**
Milk, Cacao Protein,
Peanut butter, Banana, Honey
€4.50 | €5.00

**Post Workout**
Milk, Blueberry-Acai Protein
Raspberry, honey
€4.50 | €5.00

**Royal Avocado**
Coco Milk, Protein, Banana
Avocado, Agave
€5.00 | €5.50

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Toppings
Choose from our topping range & add to fruit salads, fresh yogurts or smoothies & juices.

**Superfood Toppings**
€1.00 Organic Powder
Wheatgrass powder
Maqui Powder
Barley Grass powder
Macca Powder
Boabab Powder
Acai Berry powder
Guarana Powder
Chlorella powder
Spirulina powder
Mucuna powder
Ashwaganda powder

**Supermix** €2.00
Total detox
Sport Formula
Slimming
**THRIVE Living Multinutrient**
Pineapple & Baobab
Blueberry & Lucuma
**SUSTAIN**
Bcaa & coconut water
Boabab & blueberry
Pineapple & lime

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Fresh Sandwiches (made daily)

**Chicken & Parmesan Cheese** €4.90
**Turkey & Guacamole** €4.90
**Pastrami & Annari** €4.90
**Salmon & Philadelphia Cheese** €4.90

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Fresh Salads (made daily)

**Tuna - Honey & Mustard based sauce** €5.90
**Chicken**
Light Mayonnaise & Yogurt Based sauce €6.40
**Greens with Fruits & Parmesan** €6.80
**Olive oil & Berry sauce** €6.90
**Manuri & Pastrami - Pesto sauce** €6.90

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*Optional - €1.00 extra*