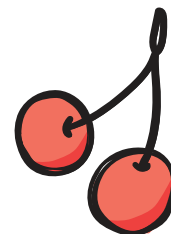
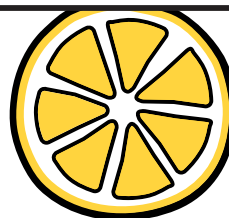


# Meraki Smoothie bar



## Smoothies

**STRAWBERRY PATCH** €5.50  
Strawberries, banana, apple juice.

**MANGO SUNSHINE** €5.50  
Mango, banana, orange juice.

**BERRY BLAST** €5.50  
Banana, mixed berries, coconut & soya milk. **(Soya)**

**COFFEE LOVER** €5.50  
Banana, dates, coffee, chia seeds, oat milk. **(Oat)**

**ISLAND BLISS** €5.50  
Pineapple, mango, coconut & soya milk.

**PINK DRAGON** €5.95  
Pink pataya, strawberries, dates, coconut milk.

**VEGGIE BOMB** €6.50  
Cauliflower, banana, blueberries, cherries spinach, zucchini, soya milk. **(Soya)**

**RED VELVET** €6.50  
Cherries, strawberries, beetroot, banana dark chocolate, vanilla extract, oat milk. **(Oat)**

## Super Smoothies

**MERAKI STRESS SMASH** €6.95  
Avocado, banana, chia seeds, spinach Ashwagandha powder, almond milk. **(Nuts)**

**VAVAVOOM** €6.95  
Kiwi, banana, mango, Maca powder apple juice.

**POWERHOUSE** €6.50  
Granola, peanut butter, banana flax seeds, chia seeds, dates, Pea protein coconut & soya milk. **(Nuts, Gluten, Soya)**

**IMMUNE BOOST** €5.95  
Strawberries, mango, pineapple, Moringa Powder, orange juice.

**BANANA MATCHA** €6.50  
Banana, spinach, zucchini, matcha, dates vanilla extract, coconut & soya milk.

Allergy statement: Due to the nature of the set up of our smoothie bar, some cross contamination of ingredients may occur.

## Boosters

€1.50

Add these health promoting supplement to your smoothie! Feed Your Soul!

Moringa - Antioxidant  
Ashwagandha - Stress & Anxiety  
Maca - Mood & Libido  
Matcha - Metabolism Booster & Antioxidant  
Pea Protein - 15 grams per Boost

Please check with your doctor if you have any medical problems before taking these boosters.

## Freshly squeezed juice

**ORANGE** €3.50

**CARROT** €3.95

**CARROT & ORANGE** €3.75

**LEMON & MINT** €3.50

## Juice blends

**SUPER CLEANSE** €4.50  
Apple, spinach, basil, matcha & cucumber.

**PURE WISDOM** €4.25  
Apple, carrot, beetroot, ginger.

**GINGER PUNCH** €3.95  
Ginger, lemon, orange, agave syrup.

**SUNRISE** €4.25  
Carrot, apple, orange, cucumber.

**ALKALIZER** €4.25  
Cucumber, spinach, lemon, ginger apple juice.

**PURE GINGER & APPLE SHOT** €2.50  
Immune system booster.

## Milkshakes

**GO BANANAS** €3.75  
Banana, agave syrup, coconut & soya milk. **(Soya)**

**STRAWBERRY** €3.75  
Strawberries, agave syrup, coconut & soya milk. **(Soya)**

**CHOCO-NANA** €3.75  
Cocoa powder, banana, agave syrup, coconut & soya milk. **(Soya)**

**PEANUT BUTTER & CHOCOLATE** €4.25  
Cocoa powder, banana, peanut butter agave syrup & almond milk. **(Nuts)**

