

## juices

Freshly made juices

### Naranja

Orange juice

### Manzana

Apple juice

### Tu Media Naranja

Orange juice, apple juice

### Lemon Refresh

Lemon juice, apple juice, fresh mint

### Vitaminic

Pear juice, apple juice, orange juice, lemon juice

### Chilll Out

Carrot juice, orange juice, apple juice

### Citrus Maximus

Kiwi, orange juice

### Vegetalia

Celery, fresh ginger, apple juice

### Carrot & Apple

Carrot juice, apple juice



## smudys

Smoothies

### Fresa Delux

Strawberry, apple juice

### Fresa Fresh

Strawberry, orange juice

### Multi Frutas

Raspberry, strawberry, banana, apple juice

### Pinya Orange

Pineapple, orange juice

### Ponte Morao

Blackberry, blueberry, red currant, raspberry, banana, apple juice

### Kiwi Kiss

Kiwi, apple juice, fresh mint

### Limonada de Fresa

Strawberry, lemon juice, apple juice

### Fem Pinya

Pineapple, apple juice

### Big Bang

Mango, strawberry, apple juice



## smudys milk

Dairy smoothies

### Fresa Surprise

Strawberry, yoghurt, milk

### Micu Macu

Banana, yoghurt, milk, cinnamon

### Classic

Strawberry, banana, milk

### Mimos del Bosque

Forest fruits, yoghurt, milk

### Coco Milk

Coconut, banana, milk

### Tutti Frutti

Banana, strawberry, melon, milk

### Kiwi Max

Kiwi, banana, milk

### Pantera Rosa

Coconut, strawberry, milk

### Yummy

Mango, strawberry, banana, milk



Smudys Milk are the only drinks that contain a dash of sugar. Available without.

Soya Milk: supplement 0,20€

## smudys plus

Functional smoothies

### Energy

Pineapple, strawberry, apple juice, orange juice + Guarana

### Anti-Stress

Apple juice, orange juice, yoghurt, fresh mint + Ginger & Valerian

### DeTOX

Orange juice, banana, apple juice, lemon juice + Ginger

### Activa Defensas

Forest fruits, apple juice + Echinacea

### Resaca Maca (Hangover cure)

Strawberry, raspberry, banana, orange juice + Guarana

### Mango Tantra

Mango, passion fruit, apple juice + Ginseng

### Despertador (Breakfast-to-go)

Banana, strawberry, cereals, yoghurt, orange juice + Ginseng

### Super Mang

Mango, banana, yoghurt, milk + Protein supplement

### Estimulant

Raspberry, mango, banana, milk + Guarana

Ginseng and guarana are not recommended during pregnancy

