**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

**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.*

**Soya Milk:**

- **Soya Milk:**
  supplement 0.20€

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**Menu**

**SMALL:** 3.15€  **MEDIUM:** 3.75€  **LARGE:** 4.80€