

Freshly Blended

Smoothies



Classic Smoothies

Delicious blends of Fruit with 95% fat free Natural Yoghurt

Small £2.89 Takeaway / £3.47 in
Reg £3.59 Takeaway / £4.31 in
Large £4.15 Takeaway / £4.98 in

VERY BERRY

Our most popular...
Strawberry, Raspberry,
Blueberry, Honey & Cranberry

STRAWBANANA

The Perfect Combination...
Strawberry, Banana, Honey &
semi skimmed milk

ORANG-A-MANG

Lusciously Refreshing...
Orange, Mango & Banana

GEISHA MANGO

A Far Eastern kick...
Mango, Ginger, Honey & semi
skimmed Milk

Full Fruit Smoothies

Refreshing blends of Fruit and
Fruit Juice....dairy free!

Small £3.15 Takeaway / £3.47 in
Reg £3.90 Takeaway / £4.31 in
Large £4.50 Takeaway / £4.98 in

RHAPSODY

Crisp, fresh music on your lips...
Raspberry, Strawberry, Blueberry and
Apple Juice

MAORI

Refreshingly light & summery...
Melon, Mango and Orange Juice

PEACHY

Makes life look rosier...
Peach, Raspberry, Honey & Cranberry
Juice



Choc Smoothies

Sumptuous Blends of
Fruit and low fat choco-
late with

Small £2.49 T/away / £2.99 in
Reg £2.99 T/away / £3.59 in
Large £3.49 T/away / £4.19 in

CHOC RIPPLE

Chocolate, Raspberry & Semi
Skimmed Milk

CHOC SPLIT

Chocolate, Banana & semi
skimmed Milk



Muscle Whey Shakes

High quality whey protein shakes to help support your gym routine. For building muscle we advise a minimum of 2g protein per day for every KG of body weight Kids! -Please note these are not milkshakes—they're designed for building muscle

Small £2.49 Takeaway / £2.99 in 20g Pro
Reg £2.99 Takeaway / £3.59 in 40g Pro
Large £3.49 Takeaway / £4.19 in 50g Pro

Mix with Water, Skim Milk, Semi Skim or Soya Milk

**Raspberry, Vanilla,
Banana or Chocolate**

Muscle Whey Smoothies

Exclusively designed for us by Jason Corrick (Current Mr Britain & Mr World over 40's category)- to help you reach your gym goals and get your Vits!

Small £2.99 Takeaway / £3.59 in 20g Protein
Reg £3.69 Takeaway / £4.43 in 40g Protein
Large £4.25 Takeaway / £5.10 in 50g Protein



BANANA CRUNCH The Perfect Breakfast for Gym Goers
Whey Protein, Banana, Oats, Bran flakes & Pineapple Juice

SUPER TONE with Flaxseed Oil to help you get that Six Pack
Whey Protein, Strawberry, Peach, Flaxseed Oil & Cranberry Juice

BERRY BLAST Delicious Blend Of Superfoods (ADD 50p)
Whey Protein, Strawberry, Blueberry, Raspberry & Cranberry

ULTIMATE Packed with Everything for Packing on Muscle (ADD 50p)
Whey Protein, Banana, Peanut Butter, Egg White & Orange Juice

Place & Pay for your order at the counter and we'll bring it to you!

Lovefitcafé 
Tastebud Tested. Body Approved