Milkshakes
Milkshakes, made with semi skimmed milk, ice cream and your choice of flavour

SELECT ANY CHOCOLATE BAR, CAKE OR FRUIT

We will then make your shake just how you like it!

OR CHOOSE FROM SOME OF OUR FAVOURITES:
MINT CHOC CHIP   COOKIES AND CREAM   SALTED CARAMEL

Belgian Waffles

CHOCOLATE DELIGHT WAFFLE
with chocolate ice cream, chocolate chips, chocolate sauce and whipped cream

STRAIGHT UP WAFFLE
with Maple Syrup dusted with powdered sugar

BREAKFAST WAFFLE
with muesli, frozen yoghurt, honey and whipped cream

BERRIES AND CREAM WAFFLE
with strawberries, raspberries and cream, with maple syrup and powdered sugar

BANOFFEE WAFFLE
with sliced banana, caramel sauce, whipped cream and white chocolate chips

Frappés
Made with espresso coffee and semi skimmed milk

MOCHA MAKER
Mocha frappé blended with ice and topped with whipped cream

GINGERBREAD FRAPPE
Gingerbread frappé blended with ice and topped with whipped cream

VANILLA AND HAZELNUT
Vanilla and hazelnut frappé blended with ice and topped with whipped cream

SUPER STICKY TOFFEE
Sticky toffee frappé blended with ice and topped with whipped cream
# Fruit Smoothies

Nothing but whizzed up fruit

<table>
<thead>
<tr>
<th>DETOX</th>
<th>THE DAY AFTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry, melon, banana and apple juice</td>
<td>Mango, strawberry, banana and orange juice</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RASPBERRY RIPPLE</th>
<th>MANGO MAGIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raspberry, strawberry, banana and orange juice</td>
<td>Mango, strawberries and apple juice</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MORNING SUNRISE</th>
<th>5 A DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peach, strawberry, banana and orange juice</td>
<td>Strawberry, raspberry, blackberry, banana and pineapple juice</td>
</tr>
</tbody>
</table>

---

# Yogo Smoothies

Fruit, whizzed up with 98% fat free yoghurt

<table>
<thead>
<tr>
<th>BREKKIE FEST</th>
<th>JUST PEACHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muesli, low fat milk, honey, strawberry, mango and yoghurt</td>
<td>Peach, melon, apple juice and yoghurt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TROPICAL KISS</th>
<th>BERRY BLING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mango, peach, melon, apple juice and yoghurt</td>
<td>Raspberry, strawberry, blackberry, orange juice and yoghurt</td>
</tr>
</tbody>
</table>

---

# Make Your Own

1. **CHOOSE A JUICE BASE**
2. **CHOOSE ANY 2 FRUITS + BANANA OR YOGHURT**
3. **WE’LL DO THE REST**