



EAT SMART, SMILE MORE

POPPOGOBLIN

**JUICES & SMOOTHIES**

## MADE TO ORDER NUTRITIOUS COLD PRESSED JUICES & SMOOTHIES

All our juices and smoothies are made from fresh, natural Ingredients. Nothing concentrated or man-made, just earthy goodness. Our juices are Cold Pressed using a hydraulic press ensuring the highest nutritional density and flavour, delivering more vitamins and minerals per serving. Our grab and go selection have been created to keep sugar content very low. Made fresh every morning and bottled for your convenience. Juices can still also be made to order to suit your taste and preference.

### OJ 250ML

**2.50**

*Simply Oranges*

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### NUTRITIOUS CREATIONS 330ML

**3.30**

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#### JAMMIN' BEATS

*Strawberry, Beetroot, Coconut Flesh, Coconut Water*

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#### SGT PEPPER

*Carrot, Orange, Cayenne Pepper, Turmeric, Ginger, Lemon*

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#### KALING IN THE NAME OF

*Kale, Spinach, Celery, Cucumber, Lemon, Orange, Ginger*

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#### IRON MAIDEN

*Kale, Beetroot, Carrot, Apple, Ginger.*

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### SMOOTHIES

**3.80**

#### 1. BIG BREAKFAST

*Blueberries, Banana, Natural Yogurt, Muesli, Honey & Milk*

#### 2. GREEN GOBLIN

*Brazil Nuts, Spinach, Kale, Spriulina, Cucumber, Mejoule Dates, Coconut Water, Protein Powder*

#### 3. BLUEBERRY HILL

*Banana, Blueberry, Chia seeds, Acai, Honey, Coconut Milk*

#### 4. SMOOTH CRIMINAL

*Almond Milk, Almond Butter, Banana*

#### 5. CLEAN GREEN

*Avocado, Spinach, Lime, Apple Juice*

## BREAKFAST

Organic Porridge <i>with option of Honey/Nuts/Seeds/Fruit</i>	2.40 50p Each
Homemade Granola <i>option of Fruit &amp; Yogurt</i>	2.40 50p Each

## TOASTED MULTI-SEED & PLAIN BAGELS

Toasted Bagel	2.20
Bagel with Cream Cheese	2.80
Bagel with Banana, Honey & Peanut/Almond Butter	3.80
Bagel Melt (any 2 fillings)	3.80
Hot Buttered Toast	1.70
Fresh Homemade Scones & Croissants	1.65

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**RANGE OF POWERFUL SUPPLEMENT  
SHOTS CAN BE ADDED TO ANY  
SMOOTHIE OR JUICE:**

**80P**

*Maca, Baobab, Acai Powder, Super Greens,  
Sprulina, Lucama, Plant Based Protein*