

SMOOTHIES + BOWLS

16 OZ \$10
24 OZ \$11

DAIRY FREE | NO ADDED SUGARS | ONLY WHOLEFOOD GOODNESS

BERRY BLAST

almond milk, mixed berries, spinach, banana, vanilla or chocolate protein.

MACA MADNESS

alkaline water, banana, almond butter, medjuul date, maca root, chocolate protein.

KALE COLADA

coconut water, pineapple, mango, kale, coconut extract, vanilla protein.

RASPBERRY FLAX

raspberry, banana, flax seed, honey, almond milk, vanilla protein.

BETTER THAN BOTOX

coconut water, strawberries, pineapple, beetroot, collagen, mint, vanilla protein.

COCONUT ISLAND

coconut water, banana, pineapple, coconut extract, vanilla protein.

LEAN GREEN

almond milk, almond butter, spinach, kale, vanilla protein.

CHOCOBERRY

almond milk, mixed berries, almond butter, chocolate protein.

MANGO TWIST

mango, strawberry, pineapple, coconut water, vanilla protein.

TURMERIC SUNRISE

coconut milk, mango, pineapple, turmeric, ginger, vanilla protein.

MINT CHIP

coconut milk, banana, spinach, peppermint extract, raw cacao nibs, vanilla protein.

PURE BUZZ

almond milk, banana, espresso, cinnamon, chocolate protein.

AÇAÍ BOWL

\$16

mixed berries, banana, açai powder, almond milk. Topped with hemp granola, raw cacao nibs, coconut flakes, banana slices; drizzled with almond butter or local honey.

BLUE MAJIK BOWL

\$16

pineapple, banana, blue spirulina, coconut water. Topped with hemp granola, raw cacao nibs, coconut flakes; drizzled with almond butter or local honey.

ADD: ALMOND BUTTER OR SCOOP OF PROTEIN POWDER \$2

OATMEAL CUPS

original flax + chia or maple brown sugar \$4.50

ADD-ON'S:

Extra protein
L-Glutamine
Almond butter
Extra fruit/veg
BCAA
MCT oil
Collagen
Creatine
Ashwagandha

\$2



WHEY OR PLANT PROTEIN POWDER.

TAG US @PUREGYMPTENTICTON