

HEALTHY SMOOTHIES

Green *Detox* Smoothie

Spinach, Cucumber, Green Apple, Ginger, Lemon Juice, Chia Seeds, Coconut Water.

Antioxidant *Berry* Smoothie

Blueberries, Raspberries, Strawberries, Beetroot, Greek Yogurt, Honey, Almond Milk.

Tropical *Mango* Smoothie

Mango, Pineapple, Coconut, Turmeric, Vanilla Extract, Cashew Milk.

Carrot & Orange *Immunity* Smoothie

Carrot, Orange, Ginger, Turmeric, Greek Yogurt, Almond Milk.

Pear & *Chia* Vanilla Smoothie

Pera, Vanilla Bean, Chia Seeds, Honey, Coconut Milk.

PROTEIN SMOOTHIES

Chocolate Banana *Protein* Smoothie

Chocolate Protein Powder, Banana, Almond Butter, Oat Milk, Cinnamon.

Berry & Spinach *Protein* Smoothie

Vanilla Protein Powder, Mixed Berries, Spinach, Flax Seeds, Coconut Water, Honey.

FRAPPES

Matcha *Almond* Frappe

Matcha Green Tea, Almond Butter, Coconut Milk, Vanilla Extract, Ice.

Avocado *Cacao* Frappe

Avocado, Cocoa Powder, Banana, Oat Milk, Maple Syrup, Ice.

Peach *Ginger* Frappe

Peach, Ginger, Greek Yogurt, Honey, Iced Green Tea.

Pineapple *Coconut* Frappe

Pineapple, Coconut Milk, Lime Juice, Honey, Ice.

Mango *Mint* Frappe

Mango, Fresh Mint, Greek Yogurt, Honey, Ice.

Peanut *Butter* Mocha Frappe

Coffee, Chocolate Protein Powder, Peanut Butter, Almond Milk, Ice.

NON-ALCOHOLIC HEALTHY COCKTAILS

Cucumber *Mint* Refresher

Cucumber, Mint, Lime Juice, Agave Syrup, Sparkling Water.

Pomegranate & Citrus

Jugo de granada, pomelo, agua con gas, romero fresco, jarabe de agave.

Watermelon *Basil* Refresher

Watermelon, Basil, Lime Juice, Honey, Coconut Water.

Pineapple *Ginger* Sparkler

Pineapple Juice, Ginger, Sparkling Water, Lime Juice, Mint Leaves.

Apple Cider

Apple Cider, Lemon, Sparkling Water, Cinnamon Stick, Honey.

MENU

Verade