

superfood

SMOOTHIES, SALADS, JUICES & MORE

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SMOOTHIES MENU »

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Ask for a take home Smoothies Menu

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SUPERFOODS IN MR MUSCLE

ALMONDS Almonds aid in lowering cholesterol, protect the artery walls from damage and help to build strong bones and teeth.

COCONUT High in nutrients and vitamins - magnesium, vitamin B, potassium and iron.

CHIA SEEDS Great source of omega fatty acids, protein, fibre, amino acids, iron, calcium and antioxidants. Helps fight high cholesterol & heart disease.

CAMU CAMU Loaded with high levels of vitamin C for a stronger immune system and healthy skin. Boosts oxygen to your cells.

MR MUSCLE IS GOOD FOR Energy; Muscles; Hydration; Brain Function; Memory.

DID YOU KNOW? Cinnamon is one of the top 7 anti-oxidants in the world.

CHOOSE YOUR PROTEIN LEVEL

LEVEL 1 pea protein isolate

LEVEL 2 whey or pea protein isolate + pepitas + flaxseeds

LEVEL 3 whey or pea protein isolate + pepitas + flaxseeds + maca

PEA PROTEIN ISOLATE 80% protein, essential amino acids, lysine for balanced nitrogen levels in your muscles, arginine for a healthy heart and leucine to prevent tissue damage.

PEPITAS High in protein, iron and zinc, heart healthy magnesium and calming L-tryptophan.

FLAXSEED This biodynamic superfood boosts immunity, brain function, joint function, eliminates toxins from your body and aids in soft skin.

MACA A raw and unprocessed root for energy, stamina, and power. Packed with protein, vitamins B, C, E, minerals and potassium. An aphrodisiac for men and fertility booster for women.

MR MUSCLE

BLUEBERRIES, MANGO,
ALMONDS, COCONUT FLESH,
COCONUT WATER, CHIA SEEDS,
CAMU CAMU, CINNAMON

+ CHOOSE YOUR PROTEIN LEVEL

O SUPERFOOD SMOOTHIES ARE ALL DAIRY FREE, GLUTEN FREE & VEGAN

SUPERFOODS IN POPEYE

ALMOND MILK Almonds aid in lowering cholesterol, protect the artery walls from damage and help to build strong bones and teeth.

RAW CACAO POWDER & NIBS Our raw cacao is fair trade and single origin. Packed with antioxidants to boost your immune system, prevent heart disease and provide a slow release energy boost.

POPEYE IS GOOD FOR Energy; Strength; Digestion; Bone Health; Immunity; Skin & Eye Health.

DID YOU KNOW? Hazelnuts are rich in unsaturated fats, (the kind that are actually good for the heart) and contain 86% of the daily recommended allowance of vitamin E.

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+ pepitas + flaxseeds

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POPEYE

SPINACH, BANANA,
HAZELNUTS, ALMOND MILK,
CACAO NIBS

+ CHOOSE YOUR PROTEIN LEVEL

O SUPERFOOD SMOOTHIES ARE ALL DAIRY FREE, GLUTEN FREE & VEGAN

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SUPERFOODS IN ENERDRIVER

SPIRULINA This power packed pond algae is high in protein, calcium, all essential amino acids, B12 and antioxidants.

GOJI BERRY Packed with antioxidants, amino acids, zinc and more than 20 vitamins and minerals. This superfood also helps to balance hormones.

ENERDRIVER IS GOOD FOR Energy & Strength; Bone, Heart & Eye Health; Reduces Inflammation; Helps Elleviate Allergies.

DID YOU KNOW? Yerba Mate boosts energy and mental alertness, stimulates the mind & body, and reduces stress. It contains less caffeine than coffee, black tea or even green tea!

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ENERDRIVER

BLUEBERRIES, BROCCOLI,
BANANA, SPINACH, SPIRULINA,
GOJI BERRY, YERBA MATE TEA

+ CHOOSE YOUR PROTEIN LEVEL

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SUPERFOODS IN THE HULK

COCONUT High in nutrients and vitamins - magnesium, vitamin B, potassium and iron.

SHAKTI SUPERGREENS A powerful blend of spirulina, chlorella, bee pollen, barley grass, wheat-grass, maca root, mesquite and chia seeds.

GINGER Good for digestion, asthma, coughs, and is anti-inflammatory. Also known to relieve nausea, motion and morning sickness.

THE HULK IS GOOD FOR Energy; Strength; Digestion; Skin; Immunity.

DID YOU KNOW? Banana's are not only full of potassium and helpful for sustaining blood sugar but can also help depression due to their high levels of Tryptophan.

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THE HULK

BANANA, PINEAPPLE,
COCONUT WATER, COCONUT FLESH,
SHAKTI SUPERGREENS, GINGER,
MINT, LEMON

+ CHOOSE YOUR PROTEIN LEVEL

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SUPERFOODS IN THE MELI

RAW CACAO POWDER & NIBS Our raw cacao is fair trade and single origin. Packed with antioxidants to boost your immune system, prevent heart disease and provide a slow release energy boost.

MESQUITE Rich in vitamins, minerals and amino acids. This superfood has high levels of calcium, lysine, magnesium, iron and zinc.

ALMOND MILK Almonds aid in lowering cholesterol, protect the artery walls from damage and help to build strong bones and teeth.

THE MELI IS GOOD FOR Strength;
Digestion; Immunity; Brain Function.

DID YOU KNOW? Blueberries are a superfood in their own right, the blue hue of the blueberry is actually created by the flavonoids that protect the brain's memory-carrying cells.

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THE MELI

BANANA, BLUEBERRIES, PEANUTS,
CACAO NIBS, MESQUITE,
ALMOND MILK, DATES

+ CHOOSE YOUR PROTEIN LEVEL

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SUPERFOODS IN GLADIATOR

ALMONDS Almonds aid in lowering cholesterol, protect the artery walls from damage and help to build strong bones and teeth.

CHIA SEEDS Great source of omega fatty acids, protein, fibre, amino acids, iron, calcium and antioxidants. Fights high cholesterol and heart disease.

THE GLADIATOR IS GOOD FOR Energy; Strength; Digestion; Immunity.

DID YOU KNOW? Turmeric is a natural inflammatory, a powerful antioxidant and can help to reduce the risk of cancer, heart attack & strokes.

CHOOSE YOUR PROTEIN LEVEL

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LEVEL 2 whey or pea protein isolate
+ pepitas + flaxseeds

LEVEL 3 whey or pea protein isolate
+ pepitas + flaxseeds + maca

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GLADIATOR

PINEAPPLE, PEACH, BANANA,
ALMONDS, GINGER, TURMERIC,
LEMON, CHIA SEEDS

+ CHOOSE YOUR PROTEIN LEVEL

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IMMUNE (VITAL C)

ORANGE, RASPBERRIES, BANANA,
SILKEN TOFU, CAMU CAMU,
YERBA MATE TEA

SUPERFOODS IN IMMUNE (VITAL C)

CAMU CAMU Loaded with high levels of vitamin C for a stronger immune system and healthy skin. Boosts oxygen to your cells.

THE VITAL C IS GOOD FOR Immunity; Inflammation; Detox; Brain Function; Healthy Gums and Skin; Eyesight; Energy.

DID YOU KNOW? Yerba Mate boosts energy and mental alertness, stimulates the mind & body, and reduces stress. It contains less caffeine than coffee, black tea or even green tea!

Our Immune Smoothie, The Vital C combines Orange Juice, Raspberries and the superfood Camu Camu to give you an intense Vitamin C hit for the day.

We balance the texture and sweetness with Yerba Mate Green Tea for antioxidants and nutrients to help brain function and detox.

Banana and Silken Tofu give us a smooth texture as well as a source of potassium, fibre and protein.

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SUPERFOODS IN ENERGISE (MACATAC)

ALMOND MILK Almonds aid in lowering cholesterol, protect the artery walls from damage and help to build strong bones and teeth.

MACA Raw and unprocessed root for energy, stamina, and power. Packed with protein, vitamins B, C, E and minerals plus potassium. An aphrodisiac for men and fertility booster for women.

THE MACATAC IS GOOD FOR Energy; Strength; Lowering Cholesterol; Skin and Hair Health; Digestion.

DID YOU KNOW? Maca is a root that actually belongs to the radish family, but is used to promote the sexual function of both men and women. Boosting the libido and increasing endurance.

Our Energising Smoothie, The MACATAC is a green smoothie that's all about keeping you energised, increasing muscle health and keeping your body alkalisied.

One of the best ways to keep your body in balance, is to ensure that you reduce acid forming foods and instead increase those that are alkaline forming.

Almonds and Mango help reduce acidity, while the superfood Maca not only helps your energy and stamina, but is a known aphrodisiac for men and a fertility booster for women.

With the leafy green bulk of spinach and kale, the Macatac also gives you Iron, Fibre and Magnesium in a healthy burst.

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ENERGISE (MACATAC)

MANGO, AVOCADO, SPINACH,
BLANCHED KALE, SILKEN TOFU,
ALMOND MILK, MACA

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SUPERFOODS IN PURIFY (GLO)

COCONUT High in nutrients and vitamins - magnesium, vitamin B, potassium and iron.

ALOE VERA Rejuvenates and moisturises skin by supplying oxygen to your skin cells. Detoxifies your digestion by removing bad bacteria from your stomach.

CHIA SEEDS Great source of omega fatty acids, protein, fibre, amino acids, iron, calcium and antioxidants. Fights high cholesterol and heart disease.

CAMU CAMU Loaded with high levels of vitamin C for a stronger immune system and healthy skin. Boosts oxygen to your cells.

THE GLO IS GOOD FOR Skin; Hair; Blood; Oxygenating Cells; Brain Function; Sleeping; Energy; Memory.

DID YOU KNOW? Eating Kiwi fruit daily can help reduce blood clotting. While many people take aspirin to achieve this effect, the simple kiwi fruit has the same anti-clotting benefits without the downsides!

Our Purifying Superfood Smoothie

The Glo is a refreshing pick me up with a citrus kick.

The ingredients focus on purifying the blood and flushing out the system while keeping you replenished and oxygenated.

Ginger is often used to aid digestion but is also known to relieve nausea, motion and morning sickness.

PURIFY (GLO)

BLUEBERRIES, KIWI,
GREEN APPLE, CUCUMBER,
GINGER, COCONUT WATER,
LEMON JUICE, ALOE VERA,
CHIA SEEDS, CAMU CAMU

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SUPERFOODS IN DETOX (BEET IT)

ACAI Loaded with antioxidants and calcium. Boosts energy and the immune system. A weight fighting superhero.

BARLEY GRASS Great detoxifier of heavy metals from the body. Good source of protein, essential amino acids, iron and chlorophyll which provides oxygen to the blood.

FLAXSEED This biodynamic superfood boosts the immune system, brain and joint function, eliminates toxins from your body and aids in soft skin.

THE BEET IT IS GOOD FOR Detox; Skin; Eyesight; Improving Sleep; Oxygenating the Blood.

DID YOU KNOW? Yerba Mate boosts energy and mental alertness, stimulates the mind & body, and reduces stress. It contains less caffeine than coffee, black tea or even green tea!

Our Detox Superfood Smoothie

The Beet It has nine ingredients all carefully chosen to give you the best tasting detox hit around.

Our focus is to get oxygen to the blood and cleanse your liver, get your body alkalised and remove heavy metals in the body.

With Barley Grass, Flaxseeds and Yerba Mate Green Tea and Acai berries, it's packed full of superfoods, but the beetroot, lemon and pineapple give this smoothie a zesty earthy taste that will leave you wanting more.



DETOX (BEET IT)

BEETROOT, PINEAPPLE,
ACAI, CUCUMBER, ORANGE,
LEMON, YERBA MATE TEA,
BARLEY GRASS, FLAXSEED

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SUPERFOODS IN SATISFY (TROPIC THUNDER)

COCONUT High in nutrients and vitamins - magnesium, vitamin B, potassium and iron.

CHIA SEEDS Great source of omega fatty acids, protein, fibre, amino acids, iron, calcium and antioxidants. Fights high cholesterol and heart disease.

ALOE VERA Rejuvenates and moisturises skin by supplying oxygen to your skin cells. Detoxifies your digestion by removing bad bacteria from your stomach.

**THE TROPIC THUNDER IS GOOD FOR
Energy; Detox; Digestion; Eyes & Skin;
Blood; Immunity.**

DID YOU KNOW? Eating pineapple helps to digest food by breaking down the protein particles.

Our Refreshing Smoothie The Tropic Thunder will satisfy your taste buds with the refreshing ingredients of pineapple and kiwi.

Eating Kiwi fruit daily can help reduce blood clotting. While many people take aspirin to achieve this effect, the simple kiwi fruit has the same anti-clotting benefits without the downsides!

Super powerful Yerba Mate boosts energy and mental alertness, stimulates the mind & body, and reduces stress. It contains less caffeine than coffee, black tea or even green tea!

SATISFY (TROPIC THUNDER)

PINEAPPLE, KIWI, WHOLE LEMON,
YERBA MATE TEA, COCONUT FLESH,
CHIA SEEDS, ALOE VERA

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SUPERFOODS IN GREEN (LIVERLICIOUS)

CAMU CAMU Loaded with high levels of vitamin C for a stronger immune system and healthy skin. Boosts oxygen to your cells.

FLAXSEED This biodynamic superfood boosts the immune system, brain and joint function, eliminates toxins from your body and aids in soft skin.

COCONUT High in nutrients and vitamins - magnesium, vitamin B, potassium and iron.

THE LIVERLICIOUS IS GOOD FOR
Liver Function; Detox; Digestion; Weight Loss; Immunity.

DID YOU KNOW? Kale is one of the cruciferous vegetables that will help to rid your liver of impurities and keep it functioning properly. We only use blanched Kale for a healthy thyroid.

The Liverlicious is our Green Superfood Smoothie and the most popular on the menu.

Your liver is the most important organ for keeping you healthy on the inside, with its state of well being having a trickle down effect on all the organs, including the heart and the brain.

To keep it in great working order, and to make sure you enjoy the taste we combined Blanched Kale, Spinach, Parsley, Mint, Cucumber, Celery and Apple.

With the superfood hit of Linseeds and Camu Camu, it's packed with nutrients and blended with coconut water for a balanced hydrating smoothie to start your day.

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GREEN (LIVERLICIOUS)

GREEN APPLE, BLANCHED KALE,
SPINACH, MINT, PARSLEY, CELERY,
CUCUMBER, CAMU CAMU,
FLAXSEEDS, COCONUT WATER

O SUPERFOOD SMOOTHIES ARE ALL DAIRY FREE, GLUTEN FREE & VEGAN

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SUPERFOODS IN ENERGY

MACA Raw and unprocessed root for energy, stamina, and power. Packed with protein, vitamins B, C, E and minerals plus potassium. An aphrodisiac for men and fertility booster for women.

RAW CACAO POWDER & NIBS Our raw cacao is fair trade and single origin. Packed with antioxidants to boost your immune system, prevent heart disease and provide a slow release energy boost.

MESQUITE Rich in vitamins, minerals and amino acids. This superfood has high levels of calcium, lysine, magnesium, iron and zinc.

COCONUT High in nutrients and vitamins - magnesium, vitamin B, potassium and iron.

COCONUT SUGAR Low GI natural sweetener with magnesium, vitamin B, potassium and iron. High in nutrients and vitamins.

THE ENERGY SUPERFOOD SHOT IS GOOD FOR Energy; Stamina; Digestion; Lowering Cholesterol; Brain Function; Immunity.

DID YOU KNOW? Chilli contains up to seven times the vitamin C level of an orange and has a range of health benefits, including fighting sinus congestion, aiding digestion and helping to relieve migraines and muscle, joint and nerve pain.

ENERGY SUPERFOOD SHOT

MACA, CACAO, MESQUITE,
COCONUT WATER,
COCONUT SUGAR, CHILLI

O SUPERFOOD SMOOTHIES ARE ALL DAIRY FREE, GLUTEN FREE & VEGAN

SUPERFOODS IN IMMUNE

CAMU CAMU Loaded with high levels of vitamin C for a stronger immune system and healthy skin. Boosts oxygen to your cells.

GOJI BERRY Packed with antioxidants, amino acids, zinc and more than 20 vitamins and minerals. This superfood also helps to balance hormones.

THE IMMUNE SUPERFOOD SHOT IS GOOD FOR Immunity; Digestion; Inflammation; Healthy Gums, Skin and Eyes.

DID YOU KNOW? Ginger is often used to aid digestion but is also known to relieve nausea, motion and morning sickness.



IMMUNE SUPERFOOD SHOT

CAMU CAMU, GOJI BERRY,
ORANGE JUICE, GINGER JUICE

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SUPERFOODS IN DETOX

CHLORELLA A water grown algae that cleanses and alkalizes the body. A detoxifier of heavy metals with a high source of calcium, omega 3 and iron. Highest food source of chlorophyll, which provides oxygen to the body.

WHEATGRASS This super grass is high in vitamin E, vitamin C, iron, zinc, protein and magnesium. 1 tsp is equivalent to approximately 1kg of leafy greens.

ALOE VERA Rejuvenates and moisturises skin by supplying oxygen to your skin cells. Detoxifies your digestion by removing bad bacteria from your stomach.

THE DETOX SUPERFOOD SHOT IS GOOD FOR Immunity; Detox; Digestion; Healthy Heart; Strong Bones; Glowing Skin.

DID YOU KNOW? Apples are great source of super antioxidants – polyphenol and flavonoids – that are beneficial for heart health. It is also an alkalising fruit for good liver function.

DETOX SUPERFOOD SHOT

CHLORELLA, WHEATGRASS,
APPLE JUICE, LEMON,
ALOE VERA

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SUPERFOODS IN ANTI-INFLAMMATORY

MACA Raw and unprocessed root for energy, stamina, and power. Packed with protein, vitamins B, C, E and minerals plus potassium. An aphrodisiac for men and fertility booster for women.

TURMERIC Packed with antioxidants, amino acids, zinc and more than 20 vitamins and minerals. This superfood also helps to balance hormones.

THE ANTI-INFLAMMATORY SUPERFOOD SHOT IS GOOD FOR Inflammation; Healthy Heart; Energy; Stamina; Digestion.

DID YOU KNOW? Turmeric has shown promising effects in the fight against cancer. It interferes with several important molecular pathways involved in cancer development, growth and spread.

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ANTI- INFLAMMATORY SUPERFOOD SHOT

TURMERIC, MACA, PEAR, APPLE,
LIME & LEMON JUICE

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SUPERFOODS IN PROBIOTIC

ALOE VERA Rejuvenates and moisturises skin by supplying oxygen to your skin cells. Detoxifies your digestion by removing bad bacteria from your stomach.

SPIRULINA This power packed pond algae is high in protein, calcium, all essential amino acids, B12 and antioxidants

THE PROBIOTIC SUPERFOOD SHOT IS GOOD FOR Immunity; Detox; Healing; Digestion; Energy; Vitality; Glowing Skin.

DID YOU KNOW? Manuka Honey is so good at healing infection that in many hospitals around the world now, Active Manuka Honey is used when nothing else works for treatment of antibiotic resistant MRSA super bugs.

PROBIOTIC SUPERFOOD SHOT

ALOE VERA, SPIRULINA,
MANUKA HONEY

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WHERE DO OUR SUPERFOODS COME FROM & WHAT SUPERPOWERS DO THEY HAVE?

ACAI (THE AMAZON) Loaded with antioxidants and calcium. Boosts energy and the immune system. A weight fighting superhero.

ALOE VERA (AUSTRALIA) Rejuvenates and moisturises skin by supplying oxygen to your skin cells. Detoxifies your digestion by removing bad bacteria from your stomach.

BARLEY GRASS (AUSTRALIA) Great detoxifier of heavy metals from the body. Good source of protein, essential amino acids, iron and chlorophyll which provides oxygen to the blood.

BEE POLLEN (WESTERN AUSTRALIA) High in antioxidants that eliminate free radicals in the blood. Also high in nutrients and minerals to promote general well being.

CAMU CAMU (PERU) Loaded with high levels of vitamin C for a stronger immune system and healthy skin. Boosts oxygen to your cells.

CHIA SEED (MEXICO) Great source of omega fatty acids, protein, fibre, amino acids, iron, calcium and antioxidants. Fights high cholesterol and heart disease.

CHLORELLA (CHINA) A water grown algae that cleanses and alkalizes the body. A detoxifier of heavy metals with a high source of calcium, omega 3 and iron. Highest food source of chlorophyll, which provides oxygen to the body.

COCONUT SUGAR (INDONESIA) Low GI natural sweetener with magnesium, vitamin B, potassium and iron. High in nutrients and vitamins.

FLAXSEED (SOUTH AUSTRALIA) This biodynamic superfood boosts the immune system, brain & joint function, eliminates toxins from your body and aids in soft skin.

GOJI BERRY (CHINA) Packed with antioxidants, amino acids, zinc and more than 20 vitamins and minerals. This superfood also helps to balance hormones.

MACA (PERU) Raw & unprocessed root for energy, stamina, and power. Packed with protein, vitamins B, C, E and minerals plus potassium. An aphrodisiac for men and fertility booster for women.

MAQUI BERRY (CHILE) Reduces inflammation and is high in antioxidants. Great for the heart, provides oxygen to your blood and aids in natural weight loss.

MESQUITE (PERU) Rich in vitamins, minerals and amino acids. This superfood has high levels of calcium, lysine, magnesium, iron and zinc.

PEA PROTEIN ISOLATE (CHINA) 80% protein, essential amino acids, lysine for balanced nitrogen levels in your muscles, arginine for a healthy heart and leucine to prevent tissue damage.

PEPITAS High in protein, iron and zinc, heart healthy magnesium and L-tryptophan.

RAW CACAO POWDER & NIBS (PERUVIAN AMAZON) Our raw cacao is fair trade and single origin. Packed with antioxidants to boost your immune system, prevent heart disease and provide a slow release energy boost.

SHAKTI SUPERGREENS A powerful blend of spirulina, chlorella, bee pollen, barley grass, wheatgrass, maca root, mesquite and chia seeds.

SPIRULINA (CHINA) This power packed pond algae is high in protein, calcium, all essential amino acids, B12 and antioxidants.

WHEATGRASS (AUSTRALIA) This super grass is high in vitamin E, vitamin C, iron, zinc, protein and magnesium. 1 tsp is equivalent to approximately 1kg of leafy greens.

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