

## SUPER SMOOTHIES

### The Nutty Banana

Lo-Fat Milk, Banana, Peanut Butter and Honey  
243 Calories

### Prune Smoothie

Semi-Skimmed Milk, Prunes, Banana and Honey  
301 Calories

### Cappuccino Smoothie

Semi-Skimmed Milk, Espresso and Sugar Syrup  
45 Calories

### Fruit Salad Smoothie

Fresh Seasonal Fruit, Banana and Orange Juice  
210 Calories

### Tropical Dream

Fresh Mango, Banana and Coconut Milk  
278 Calories

### Mango Tango

Fresh Mango and Orange Juice  
145 Calories

Calorific Values given are for a 200 ml serving

