

# SMOOTHIES @ THE BRASSERIE €3.50



100% REAL FRUIT - NO PUREES OR CONCENTRATES

MAKE WITH ALMOND MILK ADD €1

## Irish Breakfast Smoothie

Rise and shine with gluten free rolled oats, flax seeds, blueberry, raspberry and banana. High in phosphorus, copper, manganese and thiamine, iron, magnesium, potassium, zinc, omega-3 and folate

## Berry Go Round

Berry-licious smoothie filled with whole blackberries, raspberries and strawberries. Fresh apple makes it deliciously tart and a great source of vitamin C and folate as well as manganese, potassium, copper and magnesium

## Broccoli & The Beast

An amazing combination of broccoli, spinach, cucumber, mango, pineapple and banana. Bursting with vitamin K, A and C, iron, calcium, potassium and magnesium

## The BIG 5

Bursting with flavour - pineapple, mango, kiwi and strawberry and tart apple - rich in copper vitamins C, B1, B5, B6, fiber and folate

## Blueberry Thrill

Total taste thrill, blueberries, raspberries, banana and flax seeds. Bursting with fibre, vitamin C and manganese, potassium, antioxidants and omega-3

## Coco Loco

Deliciously tropical cocktail of coconut, pineapple and mango with a dash of mint and lime. A high source of Vitamins C, B1, B5, B6, manganese and fibre

## Strawberry Split

Tasty and sweet - a luscious mix of strawberries and banana and fresh apple - a true classic rich in vitamin C, folate, potassium, manganese and vitamin B9.

## Passion Shoot

A delicious tropical concoction of passion fruit, pineapple and mango, blended with fresh apple juice. This is a great source of vitamin C & folate.

BRUNCH @ THE BRASSERIE