

## Milkshake Menu



**STRAWBERRY DELIGHT**  
**VOLUPTUOUS VANILLA**  
**CHOCOHOLIC SUPREME**  
**MINT CHOC CIBO**  
**PISTACHIO PASSION**  
**4.25 EACH**

## COLD BREW COFFEES

**3.95 each**

First choose your coffee type....

**Latte**, coffee, ice, milk  
**Frappe**, coffee ice, milk, whipped cream  
**Americano**, coffee, ice

Now choose your flavouring:

Caramel,  
Toffee,  
Hazelnut,  
Cinamon,  
Vanilla,  
Sugar syrup

Any garnish:

Biscoff,  
Marshmallows,  
Chocolate, Caramel or Strawberry Sauce



## PROTEIN SHAKES

(All shakes contain 35g of Reflex Protein of which contains 25g-28g of whey protein content )  
All shakes include an everyday blend of the essential amino acids - leucine, isoleucine, and valine, these naturally occur in protein, which helps to build and repair new muscle. Creatine supplement available in all shakes. (1g = £1.25)

### PREMIUM PROTEIN BLENDS 5.75 each

**Banana Bulk** - vanilla protein powder, 1 whole banana and oats and semi skimmed milk

**Strawberry Strength** - strawberry protein powder, mixed berries and cranberry juice

**Chocolate Champion** - chocolate protein powder, semi skimmed milk and peanut butter.

**Biscoff Builder** - chocolate protein powder, biscoff spread, semi skimmed milk, 1 whole banana finished with biscoff crumbs.

### BARE NECESSITIES 4.95 each

**Vanilla** - flavoured protein powder, with either 350ml of water or semi skimmed milk.

**Chocolate** - flavoured protein powder, with either 350ml of water or semi skimmed milk.

**Strawberry** - flavoured protein powder, with either 350ml of water or semi skimmed milk.

