



# The smoothie life

D350

## Cool down smoothie

*Strawberry, orange, lime*

## Java Chip Smoothie

*Coffee, milk, chocolate chip, coffee beans, whipped cream*

## Aiden's special

*Mixed berry, yoghurt, honey, banana*

## Sunshine Smoothie

*Pineapple, lime, banana*

## Strawbaob

*Strawberry, baobab*

## Mixed berry Smoothie

*Mixed berry (with or without milk)*

## Chia Dream

*Strawberry, banana, milk, chia seeds*

## Healthy Chia

*Spinach, orange, pineapple, chia seeds*

## Healthy Chocolate

*Banana, peanut butter, cocoa powder, chia seeds*

## Nebidie

*Baobab, banana & moringa*

## Kick-start

*Oats, banana, mixed berries, apple juice*

## Summery

*Watermelon, strawberry, mint*

## Feel the Beet

*Beetroot, apple, carrot juice, milk*

## Smooth Beet

*Beetroot, pineapple, mixed berries, milk, honey, chia seeds*

## Smoothie bowls

D350

### Strawberry Smoothie Bowl

*Strawberries, dates, milk, banana, granola, chia seeds, pumpkin seeds*

### Mango Smoothie Bowl

*Mango, banana, dates, lime juice, milk, granola, chia seeds, coconut*

### Chocolate Smoothie Bowl

*Banana, milk, dates, peanut butter, cacao, dark chocolate, coconut, granola, chia seeds*

### Green Smoothie Bowl

*Banana, spinach, peanut butter, milk, vanilla, cinnamon, pumpkin seeds, granola*



(+220) 222 2622



Bertil Harding Highway The Village,  
Kololi, Serekunda, The Gambia, West Africa



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