



# ZUBA'S

CAFE & JUICE  
East African Soul Food

## ZUBA'S CAFE & JUICE

100% mixed smoothies, ready to be served.

You can create your own smoothie too! Talk to our friendly staff and we will help you create your own blend of healthy and refreshing smoothie.

### ALL PRICES FOR SMOOTHIES ARE:

**MEDIUM \$9.00**

**LARGE \$11.00**

*Fruit based smoothies are dairy free*

*Milk based smoothies are made with unsweetened coconut ice cream or unsweetened Almond milk and are lactose free with no artificial sweeteners*

## SMOOTHIES

### 1 – MORNING DETOX

- A) Apples, beetroot, celery, carrots.
- B) Grapes, apples, spinach, pineapple, coconut ice cream
- C) Baby spinach, watermelon, banana, coconut water
- D) Blueberries, banana, orange, yogurt

### 2 – MANGO MAGIC

- A) Baby spinach, banana, mango, almond milk

### 3 – BANANAGRAMS

- A) Baby spinach, banana, almond milk, coconut ice cream

### 4 – BOOST VITAMIN C IMMUNE

- A) Orange, carrots, apples, lime or lemon, pineapple
- B) Beetroot lemon, ginger, cucumber

### 5 – BREAKFAST SMOOTHIES

- A) Banana raspberries, kale
- B) Banana, orange, mango, carrots

### 6 – SUNSHINE SMOOTHIES

- A) Carrots, mango, pineapple, strawberries, coconut milk, almond milk
- B) Mango banana, carrots, orange

### 7 – REFRESHING MANGO SMOOTHIES

- A) Mango, banana, fresh lemon, coconut milk.
- B) Pineapple, mango, ginger, lime

### 8 – MORNING MELON SMOOTHIES

- A) Melons, banana, coconut milk, coconut ice cream

### 9 – THE PINK BLUSH SMOOTHIES

- A) Raspberry, coconut ice cream, almond milk, lime
- B) Banana, mango, coconut milk, raspberries

### 10 – TROPICAL

- A) Mango, pineapple, coconut water, fresh turmeric, coconut ice cream
- B) Orange, honeydew melon, mango, lime, passionfruit or kiwi fruit

### 11 – THE PANTHER

- A) Apples, carrots, beetroot, lemon peel, kale, ginger, coconut water, coconut ice cream

### 12 – KIWI CRUSH

- A) Baby spinach, banana, kiwi, fresh ginger, coconut milk, coconut water, lemon

### 13 – INFLAMMATIONS

- A) Mango, beetroot, fresh turmeric, orange

