

## Smoothies



High Fiber (Vitamin C, A, B6) Strawberry, mango, banana, flaxseed	\$ 7.50
Nutrient Dense (Vitamin C, Protein, Good fats) Coconut cream, strawberry, Greek yoghurt, Chia seeds	\$ 7.50
Super Detox (Vitamin K, Protein, Magnesium) Apple, cucumber, celery, lemon juice, spirulina	\$ 7.50
Immune Booster (Vitamin C, A, Potassium) Orange, carrot, ginger, cayenne, curcumin powder	\$ 7.50
Anti-oxidant Power (Vitamin K, A, Manganese) Almond milk, blueberries, spinach leaves, cinnamon	\$ 7.50
Hydrating (Vitamin C, A, Potassium) Watermelon, strawberries, water, ginger	\$ 7.50
Tranquilizer (Vitamin B6, Potassium, Good fats) Almond milk, bananas, peanut butter, cocoa powder	\$ 7.50

*In our effort to improve service, Elements Restaurant and the SandBar no longer add the customary 15% service charge to your bill. Tipping (trinkgeld, propina, mancia) is encouraged and 15 to 20% is appropriate based on excellent service. All prices are inclusive Government taxes.*