



GOLD BAR CAFE

SMOOTHIE MENU

All \$7.

Soy, almond, lactose free +50c

Protein powder + \$2

CLASSIC BANANA

Banana with vanilla yoghurt, honey and cinnamon + your choice of milk

MORNING MONKEY

banana, peanut butter, chocolate, protein powder. + your choice of milk. add double esp (\$3)

KEEN AND GREEN

Baby spinach, kale, pineapple, ginger, orange and banana

BERRY BENDER

Strawberries, raspberries, flaxseed, yoghurt and a hint of maple syrup + your choice of milk

TROPICAL TREASURE

Mango, banana, flaxseed, yoghurt + your choice of milk

Gold Bar Cafe

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