

## CLASSIC SMOOTHIES

Smoothie	Allergens	Allergens Ingredients	May Contain Allergens
All Berry Tank	milk	yoghurt	milk, almonds, cashews, gluten, soy, wheat
Classic Banana	milk	lite milk, yoghurt	
Caribbean	milk	yoghurt	
Mango Zest	none	none	
Strawberry Lush	milk	yoghurt	
Tank Mango	milk	yoghurt	
Tropical Tank	milk	yoghurt	

## SUPER SMOOTHIES

Smoothie	Allergens	Allergens Ingredients	May Contain Allergens
Fitness Fix	milk	yoghurt	milk, almonds, cashews, gluten, soy, wheat
Start Me Up	none	none	
Tank Up	milk	yoghurt	
Blue Spirulina	milk	yoghurt	
Gorilla Greens	milk	yoghurt	
Mega Greens	milk	yoghurt	

## PROTEIN SMOOTHIES

Smoothie	Allergens	Allergens Ingredients	May Contain Allergens
Life Force Protein	almonds	almond milk, ground almonds, oats, whey protein, yoghurt	milk, almonds, cashews, gluten, soy, wheat
Gym Junkie	milk	lite milk, yoghurt, whey protein	
Tropical Warrior	milk	yoghurt, whey protein	
Vanilla Coffee	soy, almonds	vanilla soy milk, ground almonds	
Nutra Blast	milk, almonds, gluten, wheat	lite milk, yoghurt, ground almonds, oats	

## PLANT-BASED SMOOTHIES

Smoothie	Allergens	Allergens Ingredients	May Contain Allergens
Health Nut Protein	almonds	almond milk, ground almonds	milk, almonds, cashews, gluten, soy, wheat
Power Plant	almonds	almond milk, ground almonds	
Rawsome Greens	none	none	
Salted Caramel	soy, cashews	vanilla soy milk, cashews	

## KIDS SMOOTHIES

Smoothie	Allergens	Allergens Ingredients	May Contain Allergens
Funky Monkey	milk, soy	lite milk, yoghurt, chocolate buttons	almonds, cashews, gluten, soy, wheat
Rainbow Party	milk	yoghurt	

## RAW JUICES

Juice	Allergens	Allergens Ingredients	May Contain Allergens
Protein Punch	milk	whey protein	almonds, cashews, gluten, soy, wheat

Raw and Kids Juices that are not listed have no known allergens.

## SALADS AND WRAPS

Salad	Allergens	Allergens Ingredients	May Contain Allergens
Classic Caesar	milk, egg, soy, fish, gluten, wheat, sulphites	parmesan cheese, bacon, croutons, egg, caesar dressing (see details below)	processed in a facility that also processes milk, eggs, gluten, wheat, fish, soy, sulphites, peanuts, sesame, almonds, cashews, lupin
Quinoa Chicken Goji	milk, sulphites	feta cheese, goji berries, dried cranberries, pomegranate & orange dressing (see details below)	
Guacamole Greens	sulphites	chipotle dressing (see details below)	
Vietnamese	cashews, fish, sulphites	cashews, vietnamese dressing (see details below)	
Paleo Active Greens	eggs, almond, cashews, sulphites	almond, cashews, egg, balsamic dressing (see details below)	
Raw Lean'n Green	sesame, almond, cashews, sulphites, milk	almond, cashews, feta, sesame seeds, pomegranate & orange dressing (see details below)	
Thai Chicken/Beef	fish, gluten, wheat, soy, sulphites	crispy noodles, beef, thai dressing (see details below)	
Almond Satay Chicken	sesame seeds, almonds, cashews, soy, sulphites	sesame seeds, almonds, cashews, almond satay dressing (see details below)	

Vegan chick\*n, beef, crispy noodles, croutons, thai dressing, and wraps contain gluten. All wraps may contain sesame and soy.

## DRESSINGS

Dressings	Allergens	Ingredients	May Contain Allergens
Almond Satay	almonds, sesame, soy, sulphites	almond butter, tahini paste, agave syrup, soy sauce, balsamic vinegar, coconut sugar, chilli flakes, chinese 5 spice, cayenne pepper, salt, black pepper	processed in a facility that also processes milk, eggs, gluten, wheat, fish, soy, sulphites, peanuts, sesame, almonds, cashews, lupin
Balsamic	sulphites	garlic, dijon mustard, agave syrup, balsamic vinegar, brown sugar, salt, black pepper, olive oil, wholegrain mustard	
Caesar	milk, fish, egg, sulphites	powdered parmesan, red onion, lemon, garlic, wholegrain mustard, balsamic vinegar, anchovy, eggs, salt, black pepper, canola oil	
Chipotle	sulphites	chipotle mix, jalapenos, lime juice, agave syrup, garlic, coriander, canola oil, balsamic vinegar, salt	
Pomegranate & Orange	sulphites	pomegranate molasses, orange juice, orange zest, mint, lemon, brown sugar, balsamic vinegar, wholegrain mustard, garlic, honey, canola oil, salt, pepper	
Thai	soy, fish, gluten	soy sauce, fish sauce, lime juice, garlic, brown sugar, chili flakes, coriander, mint, canola oil, pepper	
Vietnamese	fish, sulphites	white vinegar, sugar, lime juice, chili flakes, fish sauce, coriander, garlic, corn flour	