



Allergen Information

CLASSIC SMOOTHIES

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

SUPER SMOOTHIES

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

PROTEIN SMOOTHIES

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

PLANT-BASED SMOOTHIES

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

KIDS SMOOTHIES

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

Drinks with booster shots are considered supplemented foods. Cacao nibs, cacao powder, chocolate buttons, ginkgo plus shot and cold brew coffee syrup contain caffeine and are not recommended for young children, pregnant or lactating people, or anyone sensitive to caffeine.



Allergen Information

RAW JUICES

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

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

SALADS AND WRAPS

Salad	Allergens	Allergen Ingredients	May Contain Allergens
Almond Satay Chicken	sesame, almonds, cashews, soy, sulphites	sesame seeds, toasted maple nut mix, almond satay dressing	milk, egg, gluten, wheat, fish, peanuts, lupin
Classic Caesar	milk, egg, soy, gluten, wheat, fish, sulphites	parmesan cheese, egg, bacon, croutons, caesar dressing	almonds, cashew, peanuts, sesame, lupin
Guacamole Greens	sulphites	chipotle dressing	milk, egg, gluten, wheat, fish, soy, sesame, peanuts, almonds, cashews, lupin
Active Greens	egg, almond, cashews, sulphites	egg, toasted maple nut mix, balsamic dressing	milk, gluten, wheat, fish, soy, sesame, peanuts, lupin
Quinoa Chicken Goji	milk, sulphites	feta cheese, goji berries, pickled onion, pomegranate & orange dressing	egg, gluten, wheat, fish, soy, sesame, peanuts, almonds, cashews, lupin
Raw Lean’n Green	sesame, almonds, cashews, milk, sulphites	sesame seeds, toasted maple nutmix, feta, pomegranate & orange dressing	egg, gluten, wheat, fish, soy, peanuts, lupin
Thai Chicken	gluten, wheat, soy, fish	crispy noodles, beef, Thai dressing	egg, sesame, peanuts, almonds, cashews, lupin
Vietnamese	cashews, fish, sulphites	cashews, Vietnamese dressing	milk, egg, gluten, wheat, soy sesame, peanuts, almonds, lupin

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

DRESSINGS

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