

juices

Freshly made juices

Naranja

Orange juice

Tu Media Naranja

Orange juice, apple juice

Lemon Refresh

Lemon juice, apple juice, fresh mint

Vitaminic

Pear juice, apple juice, orange juice, lemon juice

Chillll Out

Carrot juice, orange juice, apple juice

Citrus Maximus

Kiwi, orange juice

Vegetalia

Celery, fresh ginger, apple juice

Carrot & Apple

Carrot juice, apple juice

Green Juice

Spinach, cucumber, celery, apple



smudys

Smoothies

Fresa Delux

Strawberry, apple juice

Fresa Fresh

Strawberry, orange juice

Multi Frutas

Raspberry, strawberry, banana, apple juice

Pinya Orange

Pineapple, orange juice

Ponte Morao

Blackberry, blueberry, red currant, raspberry, banana, apple juice

Kiwi Kiss

Kiwi, apple juice, fresh mint

Limonada de Fresa

Strawberry, lemon juice, apple juice

Fem Pinya

Pineapple, apple juice

Big Bang

Mango, strawberry, apple juice



smudys milk

Dairy smoothies

Fresa Surprise

Strawberry, yoghurt, milk

Micu Macu

Banana, yoghurt, milk, cinnamon

Classic

Strawberry, banana, milk

Mimos del Bosque

Forest fruits, yoghurt, milk

Coco Milk

Coconut, banana, milk

Tutti Frutti

Banana, strawberry, melon, milk

Kiwi Max

Kiwi, banana, milk

Pantera Rosa

Coconut, strawberry, milk

Yummy

Mango, strawberry, banana, milk



Smudys Milk are the only drinks that contain a dash of sugar. Available without.

Soya Milk: supplement 0,20€

smudys plus

Functional smoothies

Energy

Pineapple, strawberry, apple juice, orange juice + Guarana

Anti-Stress

Apple juice, orange juice, yoghurt, fresh mint + Ginger & Valerian

DeTOX

Orange juice, banana, apple juice, lemon juice + Ginger

Activa Defensas

Forest fruits, apple juice + Echinacea

Resaca Maca (Hangover cure)

Strawberry, raspberry, banana, orange juice + Guarana

Mango Tantra

Mango, passion fruit, apple juice + Ginseng

Despertador (Breakfast-to-go)

Banana, strawberry, cereals, yoghurt, orange juice + Ginseng

Super Mang

Mango, banana, yoghurt, milk + Protein supplement

Estimulant

Raspberry, mango, banana, milk + Guarana

Ginseng and guarana are not recommended during pregnancy

