

DLC NUTRITION

EMPOWERING THE HEALTH OF OUR LOCAL COMMUNITY

WHAT YOU GET FOR \$13.95

 *aloe shot* + *energy tea* + *smoothie* 

**SOOTHES DIGESTION
& KEEPS TUMMIES HAPPY!**

**BOOSTS ENERGY
BURNS CALORIES**

**HIGH NUTRITION
LOW CALORIES**

STEP 1. CHOOSE YOUR ALOE SHOT



MANDARIN/MANGO/GRAPE

WE PROMISE IT TASTES GOOD!

STEP 2. CHOOSE YOUR ENERGY TEA

HOT OR CHILLED?



ANTIOXIDANT GREEN TEA BASE THAT WILL GIVE YOU
A NATURAL ENERGY LIFT & BOOST YOUR METABOLISM

*BASIC HOT & COLD OPTIONS ARE INCLUDED IN THE PRICE OF YOUR SMOOTHIE



HOT OPTIONS

1. LEMON
2. CINNAMON
3. PEACH

IMMUNITY
BOOST?

NEED
MORE
ENERGY?

CHILLED OPTIONS

- | | |
|----------------|----------------|
| 11. POM-BERRY | 16. GRAPE |
| 12. COLA | 17. TROPICAL |
| 13. CHAI SPICE | 18. APPLE |
| 14. LEMON | 19. PEACH |
| 15. CINNAMON | 20. DIRTY CHAI |

INCLUDES 30ML ESPRESSO SHOT

UPGRADE MY ENERGY TEA TO...

HOT HIGH PROTEIN UPGRADES + \$5.95

STAY FUELLED WITH AN EXTRA HIT OF PROTEIN

4. HOT MOCHA LATTE (19G)
5. HOT CAFÉ LATTE (9G)
6. HOT CHAI LATTE (9G)
7. HOT DIRTY CHAI LATTE (9G)
8. HOT CHOCOLATE (25G)

ENERGY BOMB UPGRADE + \$4.95

EXTRA VITAMINS & CAFFEINE - ENJOY HOT OR COLD!

9. LEMON LIME BLAST
10. ORANGE BURST

HYDRATION & IMMUNITY UPGRADES + \$2.95

21. ACAI BERRY HYDRATION

MAGNESIUM, ELECTROLYTES, VITAMIN B & ALOE VERA

22. ORANGE CITRUS IMMUNITY

VITAMIN C & B, CALCIUM, MAGNESIUM & ALOE VERA

23. LEAN & GLOW IMMUNITY

FIBRE, ALOE VERA & ANTIOXIDANT GREEN TEA

*Add a probiotic immunity boost to
pimp your drink for an additional \$2*

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STEP 3. CHOOSE YOUR SMOOTHIE

what is in our smoothies?

OUR SMOOTHIES ARE ALL HIGH IN NUTRIENTS & LOW IN CALORIES.
THERE IS NO MILK HERE! EACH SMOOTHIE IS JAM PACKED WITH
21 VITAMINS & MINERALS, PROTEIN, FIBRE, HEALTHY FATS & LOTSA LOVE!



what flavour to choose?

PEANUT
BUTTER?

CHOCOLATE
FOR SURE!

FRUIT
SMOOTHIE?

OPTIONS:

DF = DAIRY FREE PB = PLANT BASED
GF = GLUTEN FREE HP = HIGH PROTEIN

WE ARE NOT A NUT FREE ZONE

PEANUT BUTTER FIX

1. PEANUT BUTTER COOKIE

(GF/DF/PB ON REQUEST, CONTAINS NUTS)

2. SNICKERS (HP + CONTAINS NUTS)

3. RIPPED REESES (HP + CONTAINS NUTS)

CHOCOLATE CRAVING

4. COCONUT RAFFAELLO

5. CHOCOLATE FIX

6. NUTELLA FUDGE (HP)

7. MUSCLE MINT SLICE (HP)

FRUITY FEELS

8. BERRY BOMB (GF/DF/PB ON REQUEST)

9. BLUEBERRY MUFFIN

(GF/DF/PB ON REQUEST + CONTAINS NUTS)

10. STRAWBERRY SHORTCAKE

(DF/GF/PB ON REQUEST)

11. LEAN & GREEN (DF/GF/PB)

KIDS SMOOTHIES

AVAILABLE FOR KIDS UNDER 12

\$5 WITH ANY FULL PRICE SERVICE PURCHASED

FAIRY BREAD

CHOCOLATE CAKE

STRAWBERRIES & CREAM

PEPPERMINT FROG

BANANA SPLIT

COFFEE HIT

12. ESPRESSO BROWNIE

13. CAFÉ LATTE (GF/DF/PB ON REQUEST)

BOTH CONTAINING A 30ML GRINDERS
ESPRESSO SHOT FOR THAT EXTRA KICK!

FAVOURITE TREATS

14. STICKY DATE PUDDING

(GF/DF/PB ON REQUEST)

15. ANZAC BISCUIT

(GF/DF/PB ON REQUEST, CONTAINS NUTS & HONEY)

16 CINNAMON DOUGHNUT

(DF/GF/PB ON REQUEST)

17. FRENCH TOAST (DF/GF/PB ON REQUEST)

18. BANANA BREAD (DF/GF/PB ON REQUEST)

19. APPLE PIE (DF/GF/PB + CONTAINS NUTS)

20. MINTIES

21. GYM JUNKIE ICE CREAM (HP)

...or try our monthly special!?

PIMP MY SMOOTHIE

PROTEIN BOOST \$2

PROBIOTIC IMMUNE BOOST \$2

EXTRA TOPPING \$1

protein bar for later? \$3.95

VANILLA ALMOND, CHOC PEANUT OR CITRUS LEMON