



Nourish

at Craigswood

# smoothie MENU

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## **Berry Go Round**

Strawberry, Blackberry, Raspberry  
and Apple Juice

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## **Big 5**

Pineapple, Mango, Strawberry, Kiwi  
and Apple Juice

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## **Cherry Poppins**

Strawberry, Sour Cherries, Mango, Banana,  
Blackcurrants, Raspberries and Apple Juice

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## **Coco Loco**

Mango, Pineapple, Coconut, Lime,  
and Apple Juice

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## **Pash 'n' Fruit**

Mango, Pineapple, Seedless Passionfruit  
and Apple Juice

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## **Strawberry Split**

Strawberry, Banana and Apple Juice

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**£3.70 each**  
**Add Protien Powder £0.60**