

freedom
SUPPLEMENTS

**SUPERFOOD
SMOOTHIE
+ COFFEE
BAR**



CLASSIC PROTEIN SMOOTHIES

COOKIES & CREAM

Oreos, Ice, Milk, Freedom Cookies & Cream Protein Powder

MANGO PASSIONFRUIT

Mango, Passionfruit, Mango Juice, Milk & Freedom Vanilla Protein Powder

CHOC PEANUT BUTTER

Freedom Chocolate Protein Powder, Banana, Peanut Butter, Honey & Milk

BERRY

Raspberries, Blueberries, Strawberries, Freedom Vanilla Protein Powder, Milk & Apple Juice

SALTED CARAMEL

Freedom Salted Caramel Protein, Banana, Peanut Butter & Milk

MOCHA

Espresso Shots, Banana, Freedom Chocolate Protein Powder & Milk

BANANA

Banana, Cinnamon, Honey, Milk, Freedom Vanilla Protein Powder

MEAL SIZE

20 oz - \$9.00

30g Protein

400-450 Calories

SNACK SIZE

12 oz - \$7.00

15g Protein

200-250 Calories



PRE-WORKOUT SERVE

Mixed w/ 250mL Cold Water - \$2.50

Grape, Raspberry, Lime, Pineapple

CREATINE SERVE

Add into a smoothie or by itself with cold water

- \$2.50

EXTRA PROTEIN

\$2 per extra scoop

VEGAN PROTEIN

\$1 extra per smoothie

Speciality Milks: +60c

SUPERFOOD HIGH PROTEIN SMOOTHIES



BREAKFAST SMOOTHIE

Banana, Cinnamon, Honey, Milk, Freedom, Vanilla Protein, Freedom Protein Oats, Creatine.

**\$11.50
EACH**

ENERGISE SMOOTHIE

Mango, Passionfruit, Mango Juice, Freedom Vanilla Protein Powder & Creatine.

PROTEIN COFFEE FRAPPE

Espresso Shot, Milk, Freedom Chocolate Protein Powder, Ice, Creatine.

ANTI OXIDANT SMOOTHIE

Mixed Berries, Freedom Strawberry Protein Powder, Apple Juice, Creatine.

SUPER GREENS SMOOTHIE

Coming Soon!

**MINIMUM OF
30G PROTEIN +
5G CREATINE IN
EACH
SUPERFOOD
SMOOTHIE!**

BARISTA FRESH!

SML \$5 | MED \$5.50 | LRG \$6

CAPPUCCINO
LATTE
FLAT WHITE
LONG BLACK
SHORT BLACK
PICCOLO
MOCHA

HOT CHOCOLATE
ESPRESSO
ICED LATTE
ICED MOCHA
TEAS
BABY OR FAIRY CHINO - \$1.00
EXTRA COFFEE SHOT - \$1.00

MILK & SYRUPS

Full Fat Milk

Skim Milk

Almond Milk - 60c

Oat Milk - 60c

Soy Milk - 60c

Lactose Free Milk - 60c

Coconut Milk - 60c

Caramel, Hazelnut & Vanilla Syrups - 60c



six of
1 COFFEE
1 ROASTERS

LIFESTYLE + FITNESS + LIFESTYLE + FITNE

CAFE SUBSCRIPTIONS

UNLIMITED COFFEE

- Unlimited Barista Made Coffee, Tea, Hot Chocolate.
- All Milks Types & Syrups Included.
- Any Size.

\$19.95 p/week

SMOOTHIE LOVER

- 5 x Classic Protein Smoothies p/week.
- Any Size
- All Milks Types Included.

\$29.95 p/week

BOTH! SMOOTHIE & COFFEE

- 5 Free Classic Smoothies.
- 5 Barista Made Coffees, Teas, Hot Chocolate.
- All Milk Types & All Syrups.

\$39.95 p/week

Want to save \$\$\$
on your Coffees
and Smoothies?

Start a Cafe
Subscription!

