



SMOOTHIE YOUR WAY

Blitz Bar is your destination for delicious and nutritious DIY smoothies! Our menu boasts a wide variety of health-promoting, raw ingredients that you can mix and match to create your perfect smoothie, whether you're looking to boost your energy, detox, or simply just indulge.

\$13

GOOD THINGS
ARE MADE HERE

NO ICE? LET OUR STAFF KNOW

STEP 1		STEP 2		STEP 3		STEP 4			
CHOOSE UP TO 4		CHOOSE 1		CHOOSE UP TO 3		CHOOSE UP TO 3			
BANANA		ALMOND MILK		DATES		HONEY			
BLUEBERRIES		COCONUT WATER		OATS		CACAO			
STRAWBERRIES		H2O		CACAO NIBS		CINNAMON			
MIXED BERRIES		FULL CREAM MILK		COCONUT FLAKES					
MANGO		SKIM MILK		CHIA SEEDS					
PINEAPPLE		SOY MILK		HEMP SEEDS					
PASSIONFRUIT				PEANUT BUTTER					
SPINACH				ALMOND BUTTER					
KALE				NUT FREE CHOC BUTTER					
EXTRA +1 EACH				EXTRA +0.8 EACH					
ADD ONS				+1		+1.5		+2	
				SPIRULINA		PROTEIN		COLLAGEN	
				MESQUITE		VEGAN PROTEIN		COFFEE	
				MACA				COYO	
				LUCUMA				AVOCADO	
								MCT OIL	



HOUSE SMOOTHIES

Curated by nutritional specialists, our menu offers a variety of smoothies that are delicious and perfectly balanced. Each smoothie is made with the freshest ingredients, ensuring every sip is packed with flavour and nutrition.

\$13

Liquids are recommended for each smoothie but can be changed upon request.

Vegan? Request vegan protein at no extra cost.

NO ICE? LET OUR STAFF KNOW

GREEN GODDESS

Banana, Kale, Spinach, Dates, Protein, Hemp Seeds, Spirulina, Coconut Water, Ice

GF

COOKIE DOUGH

Banana, Cookies & Cream Protein, Oats, Cacao Nibs, Cinnamon, Almond Milk, Ice

GREENIE

Banana, Spinach, Mango, Strawberries, Peanut Butter, Chia Seeds, Maca, Spirulina, Almond Milk, Ice

V, GF

ACAI BLITZ

Acai, Banana, Chia Seeds, Coconut Flakes, Coconut Water, Ice

V, GF

BLUEBERRY BLISS

Banana, Blueberries, Protein, Peanut Butter, Dates, Chia Seeds, Lucuma, Almond Milk, Ice

GF

PASSION MANGO

Banana, Mango, Passionfruit, Hemp Seeds, Mesquite, Almond Milk, Ice

V, GF

CHOC NUTTER

Banana, Peanut Butter, Cacao, Cacao Nibs, Maca, Almond Milk, Ice

V, GF

BERRY GLOW

Mixed Berries, Banana, Collagen, Chia Seeds, Dates, Maca, Almond Milk, Ice

GF

KIDS SMOOTHIES

BANANA BANG

Banana, Cinnamon, Honey, Almond Milk, Ice

V, GF

BERRYLICIOUS

Mixed Berries, Chia Seeds, Honey, Coconut Water, Ice

V, GF

\$7