



# Pelicans@Kings

 **Café Victoria**  **Pelicans Café**  **Fillers**

phone:727774 email:eat@thegoodfoodgroup.co.uk web:thegoodfoodgroup.co.uk

## **SMOOTHIES AND JUICES MENU**

*(Each of are '2' of your '5' a day)*

### **Aussie Dream**

*Mango, melon, kiwi, pineapple and apple*

### **Refreshier**

*Mango, strawberry, banana and apple*

### **Energy Refuellier**

*Raspberry, mango, banana and orange*

### **Low Cal**

*Strawberry, raspberry, banana and apple*

### **Detox Special**

*Strawberry, pineapple and orange*

### **Immune Booster**

*Blueberry, raspberry, banana and orange*

## **and fresh juices**

*Orange*

*Carrot & Orange*

*Apple & Cucumber*

**£2.95 for small (12oz)**

**£3.50 for large (16oz)**

**Also available for takeaway**

**Get healthy, stay healthy. Get your 5 a day.**