



**ROCK HOUSE CAFÉ RESTAURANT**  
**Smoothie Menu**

***Berry Surprise*** (Blueberries, Raspberries, Blackberries, Fat Free Strawberry Yoghurt, Cranberry Juice) €5.00

***Tropical Sunrise*** (Pineapple, Mango, Banana, Coconut Fat Free Yoghurt, Orange Juice) €5.00

***Rock House Morning Boost*** (Banana, Porridge Oats, Strawberries, Mango, Blueberries, Honey, Milk, Vanilla Extract) €5.00

***Add On €1.00***

***Protein Whey: This helps build skin and hair muscles!***

***Vitamin C: This helps boost the immune system!***

***Ginseng: This is a natural energy booster!***

***Freshly squeezed orange juice €3.00***

***Fresh carrot juice €3.00***

