



Peake Spa

AT STOKE BY NAYLAND

Smoothie Menu

Smoothies/Milkshakes

£3.25

Smoothies (14oz) - served 9am - 6pm

The Green One

Kale (seasonal) or spinach, cucumber, banana and apple juice

The Orange One

Carrot, mango and orange juice

Antioxidant

Strawberries, raspberries, blueberries and Copella apple juice

Tropical

Mango, banana and pineapple juice

Breakfast Smoothie

Strawberries, oats, yoghurt, Copella apple juice and banana

Iced Watermelon 'Slushie'

Made with frozen watermelon and Copella apple juice

Simple Smoothies

£3.25

Made with yoghurt, milk and fruit

Banana Blitz

Raspberry Rush

Berry Blast

Mango Madness

Strawberry Sensation

Blueberry Breeze

Thick Shakes

£3.25

Fruit blended with ice cream and milk, served from 9am - 6pm

Strawberry

Chocolate

Raspberry

Vanilla

Mixed Berries