

SHAKES & SMOOTHIES



Bannatyne
Health Club & Spa

FRESH SHAKES

Mixed with water or milk

ELEPHANT STOMP Protein 24g / Cal 379kcal / Fat 10.5g / Carbs 40.5g **£3.60**

Our top seller! Chocolate Charge protein, milk, peanut butter and a fresh banana all combined together, makes for a great shake.

PEANUT JELLY Protein 25g / Cal 332kcal / Fat 16g / Carbs 10.5g **£3.70**

A new offering themed on the famous American combination. Strawberry Siege protein, water, frozen strawberries and peanut butter - you have to give it a go!

PRALINE POWER Protein 24g / Cal 363kcal / Fat 17g / Carbs 23g **£3.60**

An amazing new shake, created by our very own Jackie at Steps Health Club. A winning combination of Chocolate Charge protein and water, mixed together with the perfect combination of both peanut butter and Nutella.

COFFEE CRUSH Protein 25g / Cal 236kcal / Fat 5.6g / Carbs 15.4g **£3.50**

For the coffee lover, this fusion of coffee, milk and Killa Vanilla protein will give you the kick you need.

BERRY-LICIOUS Protein 25g / Cal 234kcal / Fat 2g / Carbs 8g **£3.50**

A precise mixture of Strawberry Siege protein, water and frozen forest fruits, mixed together to create a fantastically fruity shake.

PROTEIN POWDER

The perfect post-workout fuel. Made using OPTIMUM NUTRITION protein powder, mixed with water, providing maximum flavour and a powerful punch of protein to support your fitness goals.

DOUBLE RICH CHOCOLATE Protein 24g / Cal 133kcal **£2.30**

DELICIOUS STRAWBERRY Protein 25g / Cal 133kcal **£2.30**

VANILLA ICE CREAM Protein 25g / Cal 130kcal **£2.30**

Add milk **£1.00**

Add extra scoop **£1.00**



GLUTEN FREE



NO GM



VEGAN



PLANT BASED

Strawberry Split 183 cal

Strawberries & banana

Broccoli & the Beast 105 cal

Broccoli, cucumber, spinach, mango, pineapple, banana and apple juice

Blueberry Thrill 188 cal

Blueberries, raspberries, banana, flax seeds and apple juice

Pash'n'Shoot 149 cal

Passionfruit, pineapple & mango

You can swap apple juice for cranberry juice.

Freshly made to order £4.00



Add a Scoop of
your favourite
Optimum
Nutrition
Protein

£1.00

