



## Tru Smoothies

Reg - £3.00

Raspberry Heaven  
Apple, raspberry, blueberry, papaya

Strawberry Delight  
Strawberry, peach, papaya

Strawberry Fantasy  
Strawberry, banana

Pineapple Sunset  
Pineapple, mango, papaya

Mango Dream  
Pear, mango

Mandarin Pleasure  
Mandarin, mango, banana

Jungle Juice  
Strawberry, mango, blueberry, acai

Power Granate  
Strawberry, pomegranate, blackcurrant, apple

## Thick Shakes

Reg - £3.00

Lrg - £3.50

Banana	Melon
Caramel	Passion Fruit
Cherry	Peach
Chocolate	Raspberry
Coconut	Strawberry
Hazelnut	Vanilla
Lime	

## Cookie Shakes

Reg - 2.75

Lrg - 3.25

Lemon & Macadamia Shortbread  
Triple Chocolate Fudge  
Dotty with milk chocolate chunks  
Clowning Around  
Traditional Shortbread

## Chocolate Shakes

Reg - £3.00

Lrg - £3.50

Aero ®	Kitkat Chunky ®
Aero Mint ®	Lion Bar ®
Boost ®	Maltesers ®
Bounty ® (milk or dark)	Mars ®
Bournville ®	Milky Bar ®
Cadbury's Caramel ®	Milky Way ®
Cadbury's Flake ®	Minstrels ®
Cadbury's Fudge ®	M&M ® Peanut
Cadbury's Creme Egg ®	Munchies ®
Crunchie ®	Nutella ®
Curly Wurly ®	Picnic ®
Dime Bar ®	Poppet's ® Raisin
Double Decker ®	Reese's Cups ®
Ferrero Rocher ®	Revels ®
Fry's Orange Creme ®	Rolo ®
Fry's Peppermint Creme ®	Smarties ®
Galaxy ®	Snickers ®
Jaffa Cakes ®	Toffee Crisp ®

Many more chocolate shakes  
available on request...

*Come and have a drink with us...*

LA Shakes Sport Pavilion Football Academy Langston Road Loughton Essex IG10 3TQ