Green Smoothie Benefits

Promotes Weight Loss
Fills you up and satisfies hunger cravings in one low calorie, zero fat, zero cholesterol drink

High Fiber Content
Unlike juices, smoothies retain their fiber content and hence are great for toning the digestive tract and moving the bowels

Protein Rich
Our natural protein supplements make our smoothies protein rich – a must have for all our veggie friends out there!

Digestible
Blended foods are predigested so the vitamins and minerals are more readily available

Alkalizers
Helps to balance the pH levels and reduce acidity in the blood

Guilt Cleansers
A healthy smoothie a day is the perfect way to cleanse off your pizza and chaat guilt ;)

Call us at: 9599231121 for free delivery to your office reception within 2km (No Minimum Order Required)
Green Monster
the REAL smoothie bar

100% Dairy Free | 100% Fresh Fruits and Veggies | 100% Healthy | 100% Honest

Regular Smoothies (350ml) INR 80/- 65

Classic Green Monster
Banana + Orange + Papaya + Monster Greens + Chia Seeds
43% Fiber | 8% Protein | 14% Calcium | 4% Iron | 51% Vit A* | 127% Vit C*

Pear Bear
Pears + Pineapple + Cucumber + Monster Greens
26% Fiber | 8% Protein | 12% Calcium | 18% Iron | 95% Vit A | 77% Vit C

Pomegranate Punk
Pomegranate + Orange + Banana + Flax Seeds
34% Fiber | 8% Protein | 6% Calcium | 6% Iron | 4% Vit A | 75% Vit C

Kiwi Kick
Kiwi + Apple + Monster Greens + Chia Seeds
46% Fiber | 8% Protein | 14% Calcium | 62% Iron | 326% Vit A | 89% Vit C

Jazz
Pineapple + Orange + Carrots + Banana + Dates
22% Fiber | 4% Protein | 6% Calcium | 4% Iron | 111% Vit A | 103% Vit C

Bliss (Seasonal)
Strawberries + Pineapple + Banana + Monster Greens + Chia
18% Fiber | 4% Protein | 4% Calcium | 6% Iron | 30% Vit A | 119% Vit C

Parsley Pleasure
Parsley + Oats + Banana + Cucumber + Pineapple
30% Fiber | 12% Protein | 8% Calcium | 20% Iron | 59% Vit A | 125% Vit C

GrapeVine (Seasonal)
Grapes + Beets + Apple + Orange + Monster Greens + Chia
20% Fiber | 4% Protein | 6% Calcium | 8% Iron | 53% Vit A | 65% Vit C

Bryan Beets
Beetroot + Pineapple + Papaya + Banana + Chia Seeds
36% Fiber | 8% Protein | 12% Calcium | 4% Iron | 10% Vit A | 111% Vit C

NanaBerry Breakfast (Seasonal)
Strawberries + Banana + Oats + Dates + Almonds
28% Fiber | 12% Protein | 4% Calcium | 10% Iron | 2% Vit A | 85% Vit C

Salads INR 80/- 65

Desi Chatpata
Fruit Chaat- the desi way

Crunchy Munchy Salad
Fresh Lettuce, Bell Peppers, Carrots, Oranges, Apples, Cucumbers, Onions and Watermelon Seeds served with Olive oil & French Vinaigrette Dressing and a topping of our special munchies

Mexican Bean Salad
Kidney Beans, Black Eyed Peas, Chickpeas, Sweetcorn, Onions and Bell Peppers, topped with spicy lemon coriander dressing

Protein Boosters (INR 10/)

Give the extra boost of protein to your smoothies/ salads by adding one of our natural Protein Boosters - a must have for all our veggie friends out there!

- 4 Soaked Almonds
  - Almonds improve memory and reduce the risk of heart diseases. They are also known for their cholesterol lowering effects.
  - 1 tbsp. Chia Seeds
    - Known for their weight loss properties, Chia seeds are appetite suppressants, packed with proteins and full of anti-oxidants, good for skin, nails and hair
  - 1 tbsp. Flax Seeds
    - Flax seeds are rich in Omega-3 essential fatty acids (known as ‘good fats’), which help to lower cholesterol, have healthy heart effects & prevent cancers
  - 1 tsp Wheat Germ
    - Known for their anti-aging properties, wheat germ is known to boost the immune system and is loaded with folic acid
  - 1 tsp Pumpkin Seeds
    - A nutritional powerhouse, pumpkin seeds are known to soothe acidity, stabilize blood sugar levels, promote better sleep and help reduce inflammation in joint pains
  - 1 tsp Hemp Seeds
    - Rich in albumin (a protein found in egg white), Hemp Seeds contain all 20 amino acids & aid in weight loss, help improve blood circulation and build immunity
  - 1 tsp. Watermelon Seeds
    - Full of amino acids, watermelon seeds are great in sharpening memory and are especially beneficial for diabetic patients

* * Protein Boosters can add a nutty flavor to the smoothie

Accelerate towards your Weight Loss Goal by joining our Smoothie Meal Plan

Get 20 ‘Regular Smoothies’ of your choice for each working day in a month, delivered at your Office reception for only INR 1500/- per month !!!

Call us at: 9599231121