

SANA™

M E N U

COLD FOAM SIGNATURES

no / 01	no / 02	no / 03	no / 04	no / 05	no / 06	no / 07	no / 08	no / 09
ICED AMERICANO BROWN SUGAR COLD FOAM	ICED LATTE HAZELNUT COLD FOAM	SANA SIGNATURE DOUBLE CHOCOLATE ESPRESSO	BANANA MATCHA	PINK STRAWBERRY MATCHA	TARO COCONUT MATCHA	PROTEIN COFFEE FRAPPE	SECRET DRINK	BANANA LATTE
iced americano, brown sugar cold foam	espresso, oat milk, hazelnut cold foam	double chocolate espresso, chocolate cold foam, chocolate shavings	iced matcha, oat milk, banana caramel cold foam, toffee bananas	muddled strawberry, matcha, oat milk, pink cold foam	matcha, oatmeal, coconut, taro cold foam, freeze-dried coconut	espresso, protein powder, oat milk blended with ice	muddled strawberry, espresso, oat milk, vanilla, pink cold foam	espresso, oat milk, banana caramel cold foam, toffee bananas
10	10	10	10	10	10	10	10	10

PROTEIN SMOOTHIES

no / 01	no / 02	no / 03	no / 04	no / 05	no / 06
P: 25.4g 449 kcal	P: 25.3g 476 kcal	P: 25.5g 375 kcal	P: 25.5g 509 kcal	P: 25.3g 334 kcal	P: 26.0g 489 kcal
pineapple, coconut yogurt, almond butter, spirulina, sea moss gel, plant based milk, protein	raspberry, strawberry, mango, coconut yogurt, beetroot, plant based milk, protein, vanilla	blueberry, strawberry, banana, coconut yogurt, chia seeds, lemon, charcoal, coconut water, protein, vanilla	banana, almond butter, coconut yogurt, walnuts, cinnamon, vanilla, plant based milk, protein	passionfruit, mango, coconut yogurt, protein, coconut water	banana, espresso, coconut yogurt, vanilla, cacao powder, plant based milk, protein
15	17	17	17	15	17

FRESH PRESSED JUICES

GREEN GLOW	TROPICAL IMMUNITY	ROOT RENEW
apple, cucumber, celery, kale, spinach, lemon, ginger	orange, pineapple, lemon, turmeric, ginger	beetroot, apple, carrot, lemon, ginger
11	11	11

BUILD IT YOURSELF JUICE

	1. CHOOSE YOUR BASE apple, pineapple, orange, coconut water
	2. ADD YOUR BOOST (UP TO 3) spinach beetroot apple kale ginger pineapple cucumber turmeric lemon celery mint lime carrot parsley wheatgrass
	3. PICK YOUR EXTRA chia seeds / flaxseeds / activated charcoal sea moss gel +1.50 collagen +2.50
11	

PROTEIN BOWLS

STRAWBERRY CHIA MATCHA	CHOCOLATE PROTEIN CHIA MOUSSE	ACAI BOWL	BISCOFF PROTEIN OVERNIGHT OATS	MANGO COCONUT PROTEIN OVERNIGHT OATS
chia coconut base, strawberry layer, matcha protein foam, freeze-dried coconut & cacao nibs	chocolate protein chia, chocolate protein mousse, cacao nibs, freeze-dried berries & coconut flakes	cornflake granola, acai, whipped peanut butter protein cream, fresh berries & a light granola sprinkle	protein overnight oats base, Biscoff fudge, Biscoff protein foam & a Biscoff biscuit	protein overnight oats base, mango puree, mango protein foam & coconut
CAL PROTEIN CARBS FAT FIBRE 520 32g 54g 19g 9g	CAL PROTEIN CARBS FAT FIBRE 540 38g 46g 22g 8g	CAL PROTEIN CARBS FAT FIBRE 560 28g 72g 21g 9g	CAL PROTEIN CARBS FAT 695 49g 72g 28g	CAL PROTEIN CARBS FAT 384 21g 49g 12g
16	16	16	16	16