

# Smoothies

- 9.0 -

## TROPIC THUNDER

pineapple, mango, banana, coconut water

## BERRY MAGUIRE

mixed berries, banana, muesli, peanut butter,  
honey, almond milk  
(add scoop protein powder + 1.0)

## YOU'VE GOT KALE

avocado, kale, green apple, banana, mint leaves,  
honey, lemon juice, almond milk

## Cold Pressed Juices

### THE JUICIST

- 8.5 -

## CARROT TOP

carrot, orange, pear, apple, lemon, turmeric

## RUBY

beet, apple, carrot, lemon, ginger



## Kombucha - 7.0

- ginger pop  
- passionfruit rap



the  
sandbar  
scarborough beach

[WWW.SANDBAR.COM.AU](http://WWW.SANDBAR.COM.AU)

# COLD DRINKS

pepsi, lemonade, solo, pepsi max, sunkist - 4.6

lemon lime bitters - 4.9

soda lime bitters - 4.0

iced coffee / chocolate / mocha - 6.5

## MOCKTAILS - 10.0

- mixed berries & ginger cooler

- apple, pear & cinnamon tumbler

## ICED TEAS - 6.0

- the sandbar classic

- earl grey & cranberry

- oh its mint

## JUICES - 4.9

(KIDS SIZE 3.0)

orange, apple, pineapple, cranberry, tomato

## MILKSHAKES - 6.5

(KIDS SIZE 4.0)

vanilla, chocolate, strawberry,  
banana, spearmint, caramel

'SHAKE OF THE DAY' - 7.5

## SPARKLING WATER

750ML - 6.5 / 300ML - 4.2

COOL RIDGE BOTTLED WATER 600ML - 3.0

RED BULL - 5.0

# HOT DRINKS

ALL COFFEE - 4.4

*Dimattina*

UPSIZED FOR AN EXTRA

soy + .6, almond + .6, lactose free + .6,  
skim & decaf + .6 available

FLAVOURED SYRUPS - 0.6

vanilla, caramel, hazelnut

TEA - 4.5

english breakfast, earl grey, peppermint

chamomile, green tea, lemongrass & ginger

CHAI LATTE - 4.6