

Example GREEN/AMBER fresh-made smoothies ≤330ml

Chocolate peanut butter smoothie  • Milk • Medjool dates • Peanut butter (no added sugar) • Cocoa powder • Vanilla essence 	Super berry smoothie   • Frozen mixed berries • Frozen banana • Water • Greek yoghurt • Vanilla extract 	Chocolate hazelnut smoothie  • Cocoa powder • Hazelnut chocolate spread • Chia seeds • Milk • Vanilla essence 	Green machine smoothie    • Pineapple • Apple • Spinach • Kale • Chia seeds 
Red velvet beet and berries smoothie    • Canned beetroot • Frozen mixed berries • Cocoa powder • Unsweetened soy milk • Vanilla essence 	Apple pie smoothie   • Apples • Frozen banana • Greek yoghurt • Cinnamon and nutmeg • Quick-cook oats • Vanilla extract 	Kiwi-ginger zinger smoothie    • Coconut water • Cucumber • Kiwifruit • Spinach • Ginger • Lemon juice 	Tropical smoothie    • Banana • Frozen mango • Frozen pineapple • Orange • Coconut milk 
Pina colada smoothie    • Canned pineapple • Frozen banana • Vanilla extract • Oat milk • Light coconut milk 	Strawberry smoothie  • Frozen strawberries • Frozen banana • Milk • Vanilla extract • Top with sliced almonds 	Carrot coconut cake smoothie   • Carrot • Frozen banana • Medjool dates • Vanilla extract • Cinnamon, ginger, nutmeg • Coconut milk 	Coffee tiramisu smoothie   • Brewed or instant coffee • Greek yoghurt • Milk • Cocoa powder • Vanilla extract • Topping <1Tbs whipped cream 

GREEN: No added sugar smoothies must be made with milk, milk alternatives or yoghurt (<10g sugar per 100g) and/or fresh, frozen, canned fruit in juice.

AMBER: May contain milk/milk powder, fresh yoghurt (≤15g sugar per 100g and ≤200g portion), frozen yoghurt or ice cream (≤20g sugar per 100g, ≤5g saturated fat per 100g and ≤60g portion), fresh/frozen/canned fruit, ≥99% fruit juice (no added sugar and ≤200ml portion), chocolate powder, no added sugar iced tea or iced coffee.



Dairy free



Peanut free



Tree nut free