

fresh smoothies

Creamy Treats

Classical Banana

Bananas, trim milk or soy, honey, frozen yoghurt

Nutra Blast

Bananas, oats, honey, peanuts, trim milk or soy, frozen yoghurt

Vanilla Coffee

Vanilla, coffee, banana, trim milk or soy, frozen yoghurt

Chocolate Tank

Chocolate, banana, trim milk or soy, frozen yoghurt

Soy Swinger

Soy milk, banana, passion fruit, strawberries, strawberry frozen yoghurt

Tropical Smoothies

Tank Mango

Mango, banana, orange, frozen yoghurt

Caribbean

Mango, banana, pineapple, coconut milk, frozen yoghurt

Tropical Tank

Pineapple, mango, strawberries, banana, strawberry frozen yoghurt

Jamaican Lime

Pineapple, mango, banana, lime sorbet

Citrus Smoothies

Feijoa Funk

Feijoa, banana, apple, frozen yoghurt

Berry Sublime

Pineapple, strawberries, apple, lime sorbet, passion fruit

Mango Zest

Mango, kiwi fruit, orange sorbet, pineapple, passion fruit

Antioxidant Smoothies

Acai Super Berry

Apple, banana, acai, mixed berries, strawberry frozen yoghurt

Pomegranate Purifier

Pomegranate, banana, passion fruit, raspberries, orange sorbet, frozen yoghurt

Goji Berry

Mango, banana, goji berries, strawberries, strawberry frozen yoghurt

Berry Smoothies

All Berry Tank

Mixed berries, apple juice, banana, strawberry frozen yoghurt

Super Charges Smoothies

Trimmers Delight

Banana, passion fruit, apple, kiwi fruit, frozen, yoghurt, slimmers shot

Energizer

Apricot, orange, passion fruit, banana, raspberries, orange sorbet, energy shot

Gym Junkie

Banana, trim milk, frozen yoghurt, protein shot

Tank up

Peach, orange, banana, strawberries, strawberry frozen yoghurt, multi vitamin shot

Tank Sprilina

Banana, kiwi fruit, apple, honey, frozen yoghurt, spirulina shot

fresh juices

98%
FAT FREE

100% Juice

Tank C

Pineapple, lemon, orange

Liver lover

Carrot, apple, beetroot, ginger

Vitality

Strawberry, apple, orange

Think Tank

Pineapple, kiwi fruit, apple

Zinger

Carrot, apple, orange

Feijoa Tonic

Feijoa nectar, pineapple, apple

Flu Fighter

Orange, lemon, ginger

100% Super Charged Juice

Tank Healer

Orange, lemon, ginger, strawberries, immunity shot

Detox

Carrot, apple, beetroot, ginger, detox shot

Protein Punch

Pineapple, strawberry, banana, apple, protein shot

Energizing Juice

Strawberries, pineapple, apple, energy shot



Rethink your drink

fresh salads & wraps

Tank Lemon + Herb Chicken

Lemon and herb chicken, mesculin, baby potato, pine nuts, fresh parmesan, *dressing - lite pesto*

Classical Banana

Bananas, trim milk or soy, honey, frozen yoghurt

Tank Caesar

Chicken, bacon, mesculin, crouton, boiled egg, fresh parmesan, dressing - caesar

Tank Thai Beef

Thai beef, mesculin, carrot, red onion, crispy noodles, *dressing - thai*

Tank Tuna

Tuna, mesculin, cucumber, boiled egg, red onion, baby potato, *dressing - lemon Dijon vinaigrette*

Tank Lean and Green

Mesculin, low fat feta, roasted almonds, pumpkin seeds, baby beets, carrots, orange segments, *dressing - Tank house vinaigrette*

Tank Thai Chicken

Thai chicken, mesculin, carrot, red onion, crispy noodles, *dressing - thai*

Moroccan Chicken

Chicken, roasted vegetables, mesculin, *dressing - Moroccan honey*

Tank Teriyaki

Chicken, snow pea, pickled ginger, sesame seeds, mesculin, *dressing - Teriyaki*

Tank Chicken Cranberry

Cranberry, chicken, feta, mesculin, pickled onion.

Tank Veg Out

Beetroot, hummus, feta, tomato, carrot, mesculin, *dressing - balsamic honey*

fresh sandwiches

Tank Chicken Cranberry

Chicken, cranberry, cheese, pickled onion, mixed salad

Tank Beef up

Roast beef, red onion, cheese, gherkin, mixed salad, *dressing - balsamic honey*

Tank Kiwiana

Ham, egg, beetroot, cheese, mixed salad, *dressing - lemon Dijon*

Tank Veg out

Hummus, carrot, beetroot, feta, tomato, mixed salad, *dressing - balsamic honey*

Tank Italian

Salami, ham, pickled onion, tomato, cheese, red onion, mixed salad, *dressing - pesto*

