



THE GLOW BAR

Strawberry Dew 8.5 Kcal 550

REVIVING + STRENGTHENING

Freshly blended strawberries, raspberries, banana, peanut butter, oats, honey, dates, beetroot juice, coconut cream, coconut milk & blueberry compote

Sunshine Reset 7.95 Kcal 460

NOURISHING + FORTIFYING

A nourishing green blend of banana, dates, leafy spinach, cucumber, zucchini, broccoli, sweet parsnip, ginger, lions mane, bee pollen, mint, mango & apple juice

Vitamin Boost 8.5 Kcal 470

UPLIFTING + ENERGISING

Mango purée, apricot jam, baobab, banana, almond milk, oats & honey

Tropical Mango 8.5 Kcal 490

CALMING + RESTORATIVE

A blend of lychee, passion fruit, mango, banana, turmeric, ashwaganda, oats, coconut milk, honey, coconut cream and coconut flakes

Matcha Glow 10 Kcal 430

RADIANCE + RENEWING

Ceremonial grade matcha with blue spirulina, fresh avocado, banana, marine collagen, lemon, agave nectar, dairy milk & sweet bee pollen

The Revitaliser 9.5 Kcal 570

RECHARGING + BALANCING

Maca powder, blue spirulina, pistachio sauce, banana, oats, honey & milk. Topped with coconut cream & crushed pistachios for natural energy

+ SMOOTHIE BOOST ____ **Marine Collagen** 2.95

EL & N
LONDON

✦ glow bar

