

# Our Brunch Menu

## Open Sandwiches, Eggs & More

**POPEYE'S CHOICE** €8.90  
Spinach, Leek, Goat Cheese, English muffins,  
Poached Eggs, Hollandaise Sauce

**BACON ON THE TOAST** €8.50  
Bacon, Mushroom, Poached Eggs, Crispy Zea Bread,  
Cherry Tomatoes, Hollandaise Sauce

**SALMON BEETAVO** €10.50  
Smoked Salmon, Avocado, Beet Root, Poached Eggs,  
Dill Oil, Hollandaise Sauce

**THE HEALTHIER OMELETTE** €8.00  
Egg Whites, Baby Spinach, Leek, Parmesan Cheese

**THE FRENCHY TOASTY** €9.00  
Blueberries, Strawberries, Maple Syrup

## Bagels

**GO-GO BAGEL** €7.00  
Cream Cheese, Bacon, Halloumi, Fried Egg, Heinz Beans

**THE VEGAN BAGEL** €6.50  
Beetroot, Avocado, Humus, Arugula, Lime Dressing, Fennel

## Pancakes

**THE REAL AMERICAN PANCAKES** €8.50  
Maple Syrup and Banana – The Perfect Combo!

**GO BANANAS! PANCAKES** €8.90  
Banana, Light Yogurt, Vanilla, Seasonal Fruits, Honey

**CHOCO-AMERICAN PANCAKES** €8.50  
Nutella, Granola, Banana or Strawberries \*

**SWEET & SALTY PANCAKES** €9.00  
Bacon, Blueberries, Maple Syrup

## Healthy Pots

**OVERNIGHT OATS** €7.00  
Yogurt, Vanilla, Maple Syrup, Seasonal Fruits

**OVERNIGHT OATS & GRANOLA** €7.50  
Almond Milk, Oats, Chia Seeds, Peanut Butter, Maple Syrup,  
Sliced Bananas and Granola

## Salads

**MANGOLICIOUS** €5.50  
Quinoa, Mango, Coconut, Lime, Sweet Chilli Sauce, Spring Onion,  
Coriander, Sesame Oil, Roasted Almonds, Soy Sauce

**THE GOAT STORY** €6.00  
Mix Lettuce Leaves, Goat Cheese, Apple, Cranberries,  
Walnuts, Prosciutto, Balsamic Vinegar

## Dessert

**STAY HEALTHY BITES - PLATTER FOR 2** €12.00  
Crunchy Peanut Butter Bar, Snick-Z Bar, Choco-Crunchy Bar,  
Pistachio Energy Balls, Salted Vanilla Energy Ball

## Water

**Agros 1L** €2.00  
**Evian 500ml** €1.50

For Smoothies, Cold-Pressed Juices,  
Coffees & Superfood Bowls please see our Take-Away Menu

\*Subject To Availability

Prices include VAT and Service Charge



# JUICE CLEANSE PROGRAM

Choose from the following cleanse programs to help achieve your goals. Six-juices per day can help with detoxification, weight loss, better digestion, clearer skin and more. Please follow instruction on our Juice Cleanse Program.



## 1 DAY STARTER Cleanse (1 DAY) €38.95

Green Detox - Super Citrus C  
Sweet Beet - Skin Zen  
Mega Vitality - Cashew Milk



## ROOT Cleanse (1 DAY) €37.95

Turmeric Sunrise - Ginger Breeze  
Sweet Beet - Ruby Rush  
Mega Vitality - Cashew Milk



## TRIM Cleanse (1 DAY) €37.95

Turmeric Sunrise - Chia Berry  
Ginger Breeze - Watermelon Bliss  
Essential Greens - Cashew Milk



## GREEN Cleanse (1 DAY) €39.95

Green Detox - Amazing Kale  
Easy Greens - Skin Zen  
Essential Greens - Cashew Milk

## Choose Your Cleanse

Build your own juice cleanse by choosing your own juices for 1 day, 2 days or 3 days.



## BUILD YOUR OWN Cleanse (1-3 Days)

6 bottles (475ml) €39.95  
12 bottles (475ml) €76.95  
18 bottles (475ml) €101.95

## Nourishing Nut Milks

Our nut milks are packed with protein and fiber and available only when purchasing a juice cleanse program. Choose from any of the following flavors.



**CASHEW MILK**  
Cashew,  
Cinnamon,  
Date, Vanilla,  
Alkaline H2O



**BERRY ALMOND**  
Almond,  
Strawberry,  
Blueberry,  
Raspberry,  
Cinnamon, Date,  
Vanilla, Salt,  
Alkaline H2O



**CHOCOLATE ALMOND**  
Almond, Cocoa,  
Date, Cinnamon,  
Vanilla, Salt,  
Alkaline H2O

# SUPERfood BOWLS / €8.95



## BERRY COCONUT

### BASE

Organic Coconut  
Coconut Milk  
Banana  
Strawberries

### TOPPINGS

Strawberries  
Coconut  
Almonds  
Chia Seeds  
Honey Drizzle

## GREEN COCONUT GOODNESS

### BASE

Organic Coconut  
Coconut Milk  
Banana  
Spinach  
Coconut Flakes

### TOPPINGS

Strawberries  
Mango  
Pumpkin Seeds  
Coconut Flakes  
Chia Seeds  
Honey Drizzle

## PITAYA BERRY

### BASE

Pitaya  
Strawberry  
Banana

### TOPPINGS

Banana  
Strawberries  
Chia Seeds  
Coconut Glakes  
Granola  
Honey Drizzle

## GO-GO GOJI

### BASE

Organic Acai  
Goji Berries  
Strawberries  
Pineapple  
Banana  
Flax Seeds

### TOPPINGS

Blueberries  
Kiwi  
Banana  
Goji Berries  
Bee Pollen  
Pumpkin Seeds  
Honey Drizzle

## CITRUS MEDLEY

### BASE

Organic Acai  
Orange Juice  
Kiwi  
Pineapple  
Lemon  
Mint  
Honey  
Ginger

### TOPPINGS

Kiwi  
Blueberries  
Walnuts  
Chia Seeds  
Pumpkin Seeds  
Honey Drizzle

## BLUE BRAZILLIAN

### BASE

Organic Acai  
Blueberries  
Yogurt  
Banana  
Dates  
Flax Seeds

### TOPPINGS

Blueberries  
Banana  
Granola  
Chia Seeds  
Honey Drizzle

## GOLDEN MANGO BOWL

### BASE

Organic Coconut  
Coconut Milk  
Banana  
Mango  
Golden Latte

### TOPPINGS

Blueberries  
Granola  
Chia Seeds  
Almonds  
Coconut  
Honey Drizzle

## ROSE DRAGON

### BASE

Pitaya  
Pineapple  
Banana  
Mint

### TOPPINGS

Strawberries  
Kiwi  
Bee Pollen  
Chia Seeds  
Honey Frizzle

## TROPICAL ISLAND

### BASE

Pitaya  
Pineapple  
Mango  
Apple Juice

### TOPPINGS

Mango  
Pineapple  
Coconut Flakes  
Granola  
Honey Drizzle

## RAINBOW BOWL

### BASE

Organic Acai  
Strawberries  
Banana  
Flax Seeds

### TOPPINGS

Pineapple  
Kiwi  
Strawberries  
Blueberries  
Honey Drizzle

## ACAI ORIGINAL

### BASE

Organic Acai  
Apple Juice  
Banana  
Dates

### TOPPINGS

Banana  
Strawberries  
Granola  
Honey Drizzle

## CACAO POWER

### BASE

Organic Acai  
Cacao  
Cacao  
Banana  
Dates  
Cashews  
Milk  
Cinnamon

### TOPPINGS

Cacao  
Banana  
Almonds  
Chia Seeds  
Honey Drizzle



USA - Since 1996

# Healthier Side of Life™

Smoothie Factory

Stasinou Av. 8, 1060, Nicosia  
www.smoothiefactory.com.cy  
Tel. 22335151

TAKE AWAY & DELIVERY

# SMOOTHIES

350ml sml €2.95  
475ml med €3.95  
600ml lrg €4.95

## BERRY



### STRAWBERRY PATCH

Strawberries, Banana, Honey, Turbinado



### BLUEBERRY BLAST

Blueberries, Banana, Nonfat Yogurt, Soy Milk, Honey, Vanilla, Turbinado, Protein  
€4.00 (sml) | €4.75 (med) | €5.50 (lrg)



### VERY BERRY

Strawberries, Raspberries, Blueberries, Nonfat Yogurt, Soy Milk, Honey, Turbinado, Protein

## PROTEIN



### AFTER WORKOUT

Mango, Strawberries, Banana, Papaya, Soy Milk, Honey, Vanilla, Turbinado, Protein (14g of protein)  
sml (8g protein) | med (11g protein) | lrg (14g protein)



### PEANUT BUTTER POWERHOUSE

Peanut Butter, Banana, Soy Milk, Honey, Turbinado, Protein (27g of protein)  
sml (16g protein) | med (21g protein) | lrg (27g protein)



### TROPICAL POWERSHAKE

Pineapple, Banana, Spinach, Yogurt, Almonds, Flaxseeds, Coconut Flakes, Honey, Vanilla, Turbinado  
sml (21g protein) | med (28g protein) | lrg (35g protein)  
€4.00 (sml) | €4.75 (med) | €5.50 (lrg)

## TROPICAL



### TROPICAL SQUEEZE

Strawberries, Banana, Pineapple, Mango, Papaya, Oranges, Honey, Turbinado



### PINA COLADA

Pineapple, Coconut, Banana, Turbinado, Protein



### MANGO SMOOTHIE

Mango, Coconut, Banana, Honey, Turbinado, Protein

## Nutritional Boosts €7.75

ADD TO ANY SMOOTHIE



FAT BURNER



PROTEIN



WEIGHT GAIN



CREATINE



ANTIOXIDANT



DIET



GLUTAMINE



MULTI VITAMIN

## Power Plants €7.75 (25g)

ADD TO ANY JUICES



KALE



SPINACH



GINGER



*Lighten Your Smoothie*  
by removing turbinado or replacing with stevia.



MADE WITH REAL FRUIT



NUTRITION & VITAMIN



NO ARTIFICIAL SWEETENERS



GLUTEN FREE

## CLASSIC



### FACTORY ORIGINAL

Strawberries, Mango, Peach, Pineapple, Banana, Papaya, Honey, Turbinado, Protein



### BANANA SMOOTHIE

Banana, Soy Milk, Honey, Vanilla, Turbinado, Protein



### CLASSIC SHAKE

Choice of Ice Cream  
Banana, Soy Milk, Honey, Vanilla, Turbinado

## LOCAL



### AVOCADO SMOOTHIE

Avocado, Banana, Yogurt, Soy Milk, Honey, Turbinado  
€4.00 (sml) | €4.75 (med) | €5.50 (lrg)



### SUPER POMABERRY

Pomegranate, Acai, Blueberries, Raspberries, Protein, Honey, Turbinado  
€4.00 (sml) | €4.75 (med) | €5.50 (lrg)



### PEACHES & CREAM

Peaches, Yogurt, Banana, Lemon, Honey, Turbinado

## ACAI SMOOTHIES



### BANANA BRAZIL

Acai, Banana, Turbinado  
€4.00 (sml) | €4.75 (med) | €5.50 (lrg)



### ACAI BERRY

Acai, Strawberries, Turbinado  
€4.00 (sml) | €4.75 (med) | €5.50 (lrg)

## SPECIALTY



### ENERGIZER

Oranges, Banana, Almonds, Soy Milk, Honey, Vanilla, Turbinado, Energy Boost



### IMMUNE BOOSTER

Strawberries, Kiwi, Banana, Soy Milk, Cinnamon, Honey, Turbinado, Vitamin C Boost



### LIGHT DELIGHT

Strawberries, Banana, Honey, Vanilla, Turbinado, Diet Blend

## GREEN



### STRAWBERRY APPLE KALE

Strawberries, Apple, Kale, Cinnamon, Turbinado



### GINGER BERRY GREENS

Strawberries, Blueberries, Raspberries, Oranges, Ginger, Spinach, Kale, Turbinado



### CITRUS GREENS

Oranges, Kiwi, Lemon, Mint, Spinach, Honey, Turbinado

# COLD-PRESSED JUICES

235ml sml €2.95  
350ml med €3.95  
475ml lrg €4.95

## BOOST



### SUPER CITRUS C

Orange, Pineapple, Kiwi, Lemon, Mint



### P.A.L.M.

Pineapple, Apple, Lime, Mint



### THE BIG 3

Orange, Carrot, Apple

## DETOX



### GREEN DETOX

Kale, Spinach, Ginger, Cucumber, Apple



### AMAZING KALE

Kale, Pineapple, Apple, Orange, Lime



### TURMERIC SUNRISE

Orange, Carrot, Turmeric

## CLEANSE



### SWEET BEET

Beet, Cucumber, Apple, Carrot



### SKIN ZEN

Cucumber, Celery, Pineapple, Apple



### GINGER BREEZE

Carrot, Apple, Ginger



### WATERMELON BLISS

Watermelon, Apple, Orange



### RUBY RUSH

Watermelon, Apple, Beet, Lemon, Ginger



### MIGHTY MANGO

Mango, Apple, Orange

## RENEW



### MEGA VITALITY

Cucumber, Apple, Carrot, Lemon, Ginger



CARROT



ORANGE



### EASY GREENS

Celery, Kale, Apple, Pineapple, Lemon, Ginger



### ESSENTIAL GREENS

Celery, Cucumber, Spinach, Kale, Apple, Mint



APPLE



WATERMELON



# SALADS

## MANGOLICIOUS €5.50

Quinoa, mango, coconut, lime, sweet chilli sauce, spring onion, coriander, sesame oil, roasted almonds, soy sauce, brown sugar. Allergy Notice: Contains Nuts and Gluten

## SO HEALTHY €5.00

Quinoa, avocado, edamame beans, lemon, red pepper, yellow pepper, olive oil. Allergy Notice: Contains Nuts

## RED O'SALAD €5.50

Quinoa, Halloumi Cheese, arugula, pomegranate seeds, sunflower seeds, Honey. Allergy Notice: Contains Dairy, Nuts and Gluten

## GOAT STORY €6.00

Goat cheese, crispy prosciutto, arugula, balsamic / honey glazed. Allergy Notice: Contains Nuts, Dairy and Gluten

## TASTY CAESAR €5.50

Chicken, Bacon, Parmesan, Lettuce, Tomato, Caesar Dressing. Allergy Notice: Contains Nuts, Dairy and Gluten

# SANDWICHES

## VEGAN SIDE €4.50

Portobello mushroom, sweet potatoes, arugula, dinkel bread. Allergy Notice: Contains Gluten

## SO TASTY €4.90

Prosciutto, mozzarella, arugula, pesto sauce, pretzel. Allergy Notice: Contains Dairy and Gluten

## THE OMEGA €4.90

Norwegian smoked salmon, cream cheese, arugula, whole wheat slice. Allergy Notice: Contains Dairy and Gluten

## PRETZEL

## TREASURE €4.90

Smoked turkey, cranberry sauce, cream cheese, arugula, brie castello, pretzel. Allergy Notice: Contains Dairy and Gluten

## AVO TUNA €4.60

Tuna Mousse, avocado, tomato, baby spinach, arugula, pesto sauce, whole wheat slice bread. Allergy Notice: Contains Gluten

## FIT ME UP €4.90

Chicken Fillet, Tomato, Pesto Sauce, Cream Cheese, Mix Lettuce. Allergy Notice: Contains Nuts, Dairy and Gluten

## THE CLASSIC €4.20

Smoked turkey, edam cheese, cream cheese, whole wheat slice bread. Allergy Notice: Contains Dairy and Gluten

## SALMON

## PARADISE €5.90

Salmon, In-House Made spread, Whole-Wheat bread. Allergy Notice: Contains Gluten and Dairy

# PLATTERS

## SANDWICH PLATTER

A tasty variety of our 4 best selling sandwiches. Speak with our team for more information

€26.00 (sml) - 40 pieces

€37.00 (med) - 60 pieces

€60.00 (lrg) - 100 pieces

## FRUIT PLATTER

A variety of delicious seasonal fruits. Comes with a creamy dipping sauce. Speak with our team for more information

€21.00 (sml) - 40 pieces

€32.00 (med) - 60 pieces

€50.00 (lrg) - 100 pieces

# HEALTHY SNACKS

## CHOCOLATE CHIA PUDDING

€3.80  
Cacao, oat milk, chia seeds, honey,  
granola, peanut butter

## VANILLA CHIA PUDDING

€3.70  
Peanut butter, vanilla, chia seeds,  
oat milk, honey

## CRUNCHY P.B.

€3.50  
Dates, Peanut Butter, Rice Krispies  
Dark Chocolate

## MARBLE-SLICE

€3.50  
Cream-Cheese, Dark Chocolate,  
Brown Sugar

## SNICK-Z BAR

€3.50  
Dates, Peanuts, Peanut Butter,  
Coconut Oil, Dark Chocolate, Honey

## CHOCO-SLICE BAR

€3.50  
Drinking Chocolate, Biscuit,  
No-Added Sugar

## I FEEL GOOD YOGURT

€3.50

Yogurt, honey, granola

## PISTACHIO BALL

€1.00  
Pistachio, dates, coconut, rolled  
oats, flaxseed, coconut oil, agave

## LEMON COCONUT CHIA BALL

€1.00  
Coconut, lemon, chis seeds,  
cashews, dates

## COOKIES

### THE GOOD

### BITE COOKIE

€1.20  
Available in packaging of 6 &  
12. Speak with our team for  
more information

# COFFEES

## HOT DRINKS

	350ml (med)	475ml (lrg)
<b>Cappuccino</b>	€3.20	€3.40
Espresso, Steamed Milk, Milk Foam		
<b>Latte</b>	€3.20	€3.40
Espresso, Steamed Milk, Little Milk Foam		
<b>Flat White</b>	€2.50	
Espresso, Steamed Milk		
<b>Macchiato</b>	€2.00	€2.30
Espresso, Milk Foam, Caramel Flavor		
<b>Americano</b>	€2.60	€2.80
Espresso, Hot Water		
<b>Espresso</b>	€1.90	€2.20

## LOOSE LEAF TEA

	475ml (lrg)
<b>Hot Brewed Tea</b>	€2.60
Ask for available flavors	
<b>Cold Brewed Tea</b>	€2.60
Ask for available flavors	

## HOT CHOCOLATE

<b>Classic</b>	€2.60	€2.90
<b>Caramel</b>	€2.60	€2.90

## ICED DRINKS

	350ml (med)	475ml (lrg)
<b>Iced Latte</b>	€3.20	€3.40
Espresso, Cold Milk, Ice		
<b>Freddo Cappuccino</b>	€3.20	€3.40
Espresso, Cold Milk, Foam		
<b>Iced Americano</b>	€2.60	€2.80
Espresso, Water, Ice		
<b>Factory Espresso</b>	€3.20	€3.40
Espresso, Banana, Oats, Soy Milk Honey		
<b>Freddo Espresso</b>	€2.90	€3.20
Espresso, Ice		

## ADDITIONS

<b>Espresso Shot</b>	€5.00
<b>Specialty Milk</b>	€5.00
Almond, Cashew, Soy, Coconut	
<b>Flavors</b>	€5.00
Caramel, Hazelnut, Vanilla	