



## SMOOTHIE SNACK BOWLS | \$11

Healthy ways to satiate hunger pangs

### GLOWING GREEN | 325 KCAL

Almond milk, vanilla protein powder, spinach

**TOPPING:** banana, kiwi, dried coconut

### CHOCOLATE HAZELNUT | 362 KCAL

Almond milk, chocolate protein powder, raw hazelnuts

**TOPPING:** coconut, sesame seeds, dark chocolate

### CHERRY BLOSSOM | 391 KCAL

Almond milk, vanilla protein powder, frozen black cherries, banana, almond butter, matcha powder

**TOPPING:** frozen cherries, strawberries, coconut, pumpkin seeds

### ACAI | 219 KCAL

Oat milk, frozen berries, banana, oats, acai powder, vanilla essence, maple syrup

**TOPPING:** berries, coconut, nuts



## SMOOTHIES | \$11

These healthy smoothie recipes are packed with nutrient-rich ingredients to start your day strong.

### SPIRULINA

Banana, cucumber, coconut milk, spinach, spirulina powder

### CUCUMBER

Cucumber, ginger, coconut water, lime, sugar, mint leaves

### MATCHA & COCONUT

Coconut milk, frozen banana, matcha powder, maple syrup, coconut, shaved dark chocolate



MSC Cruises strives to protect the oceans by **reducing plastic use**.  
Join us to preserve the planet for future generations and **request a biodegradable straw**.

If you have any allergy or sensitivity to specific foods, please notify our staff before ordering.  
Guests under legal drinking age respective of the country are not permitted to purchase or consume alcohol.  
18% Beverage gratuities automatically added to all Guests without a beverage package and to items excluded from respective package.  
Prices are subject to change. Your check may reflect applicable VAT for certain ports or itineraries.



## ENERGY JUICES | \$11

Light and refreshing, just what you will want to cool down

### FEEL BETTER JUICE

Green apple, orange, celery, carrot, kale, spinach, ginger, lemon

### MORNING K JUICE

Red apple, lemon, ginger, cayenne

## PROTEIN SHAKES | \$11

It's tasty, fuels the muscles, and leaves your body feeling satisfied

### MANGO ENERGY | 250 KCAL

Whey protein powder, mango, walnuts, fresh orange juice

### CHOCOLATE MINT | 340 KCAL

Chocolate-flavored whey protein powder, almond milk, unsweetened cocoa, walnuts, banana, almonds, fresh mint leaves

### VERY BERRY | 150 KCAL

Whey protein powder, raspberries, strawberries, blueberries, low-fat milk

### ADD EXTRA PROTEIN

## FROZEN SHAKES | \$11

Deliciously refreshing

### RASPBERRY

Raspberry sorbet, raspberry, coconut milk, banana, ginger

### PASSION & MANGO

Passion & mango sorbet, carrots, almond milk, honey, almond

### LEMON

Lemon sorbet, banana, pineapple, almond milk, fresh mint

### COCONUT

Coconut sorbet, cucumber, melon, celery, coconut milk, grated coconut, lime, chia seeds

## ACTIVE PROTEIN DRINK | \$11

### HIGH FIBER, HIGH PROTEIN, DELICIOUS

Pistachio, Chocolate, Vanilla



MSC Cruises strives to protect the oceans by **reducing plastic use**.  
Join us to preserve the planet for future generations and **request a biodegradable straw**.

If you have any allergy or sensitivity to specific foods, please notify our staff before ordering.  
Guests under legal drinking age respective of the country are not permitted to purchase or consume alcohol.  
18% Beverage gratuities automatically added to all Guests without a beverage package and to items excluded from respective package.  
Prices are subject to change. Your check may reflect applicable VAT for certain ports or itineraries.