



DAIRY FREE
MADE WITH ALMOND MILK

REFINED SUGAR FREE

GLUTEN FREE

DAIRY FREE

100% ORGANIC BANANAS

MADE WITH LOCAL ORGANIC GLUTEN-FREE

ADAGIO ACRES

ROLLED OATS

SMALL BITES

POLAR POP Our Dipped Banana in a bite size format. Great for young kids!	\$1.50
POPSICLES	\$3
CREAMSICLES	\$3.50

ASK FOR TODAY'S FLAVORS

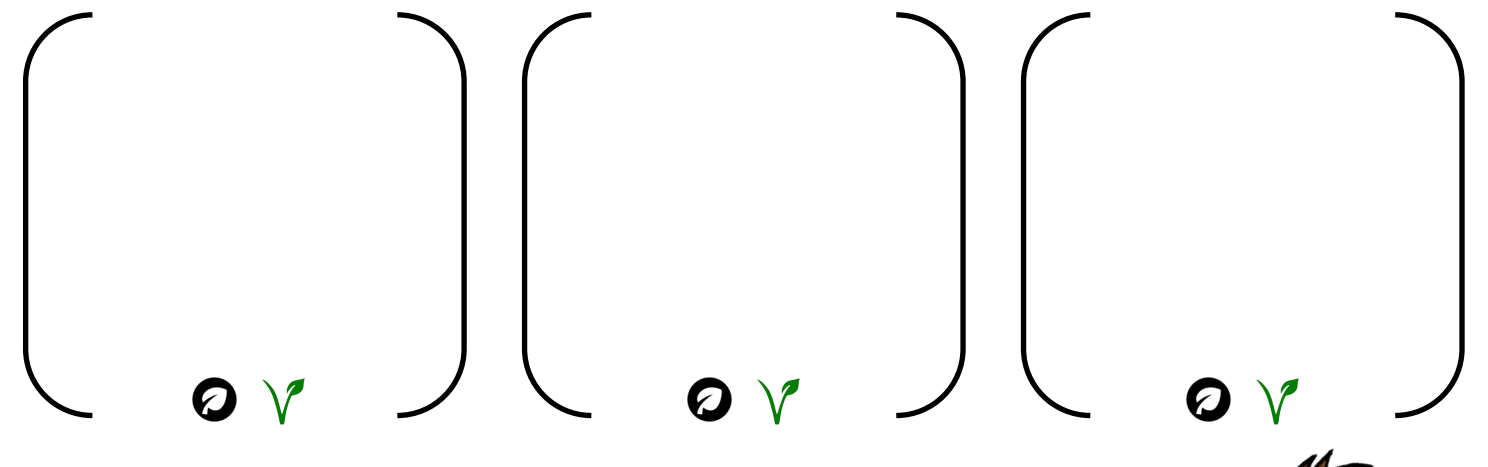


DIPPED BANANAS

\$4

Chocolate dipped banana. Pick you sauce, pick you topping and enjoy!

1 PICK A CHOCOLATE SAUCE
CHOISISSEZ UNE SAUCE AU CHOCOLAT



2 PICK A TOPPING
CHOISISSEZ UNE GARNITURE



SMOOTHIES

\$6.50



HE-HO HERO

Banana • Strawberry • Beets • Cinnamon
Banane • Fraise • Betrave • Cannelle

TROPICAL VACATION - SOUS LES TROPIQUES

Mango • Pineapple • Date • Banana • Ginger • Turmeric
Mangue • Anana • Date • Banane • Gingembre • Curcuma

CHOCO-LOCO

Banana • Date • Cacao Nibs • Cocoa
Banane • Date • Graines de cacao • Cacao

GREEN MONSTER - GÉANT VERT

Spinach • Banana • Peanut butter
Épinard • Banane • Beurre d'arachide

HEALTH KICK - COUP DE POUCE

Hemp Hearts • Flaxseed • Chia seed • Cacao Nibs • Hemp Protein Powder

Graines de chanvre • Graines de lin • Graines de chia • Graines de cacao • Poudre de protéines

MADE WITH MANITOBA'S FINEST INGREDIENTS

ADD TO YOUR SMOOTHIE FOR 50¢

MONKEY SHAKES

\$7.50

COOKIE MONSTER

BIRTHDAY CAKE

TRIPLE CHOCOLATE

MANGO SHAKE

Our take on a flurry. A delicious blend of bananas, dates and coconut milk.

Le 'Flurry' du Monkey Bar, un délicieux mélange de bananes, dates et lait de noix de coco.

DRINKS

LEMONADE - LIMONADE	\$4
Regular • Pineapple-Lemonade • Strawberry-nade Régulier • Limonasss • Limonade aux fraises	
COFFEE - CAFÉ	\$2.25
ICED COFFEE - CAFÉ GLACÉ	\$2.75
WATER - EAU	\$2

