



## PROTEIN SHAKES | \$14

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

### MANGO ENERGY | 250 KCAL

Pistachio Fiber, mango, walnuts, fresh orange juice

### CHOCOLATE MINT | 340 KCAL

Chocolate Fiber, almond milk, unsweetened cocoa, walnuts, banana, almonds, fresh mint leaves

### VERY BERRY | 150 KCAL

Vanilla Fiber, raspberries, strawberries, blueberries, low-fat milk

### MOCHA BREAKFAST SHAKE

Coconut milk, coffee, banana, walnuts, unsweetened cocoa, chocolate Fiber

### ADD EXTRA PROTEIN

## SMOOTHIES | \$14

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

### SPINACH & CUCUMBER

Banana, cucumber, coconut milk, spinach

### CUCUMBER

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

### MATCHA & COCONUT

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

### TROPICAL PERFECTION

Papaya, pineapple, mango, coconut milk, low-fat yogurt

## FRESH JUICES

### FEEL BETTER JUICE

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

\$15

### GRAPEFRUIT, CARROT, GINGER

Grapefruit, carrots, fresh ginger

\$15

### MORNING K JUICE

Red apple, lemon, ginger, cayenne

\$15

### KIWI MINT

Kiwi, spinach, banana, pineapple, lime, mint leaves

\$15

### FRESH CITRUS JUICE

Freshly squeezed orange, grapefruit or mixed citrus juice

\$6



# ZEST

JUICE BAR



## REFRESHERS | \$10

Discover refreshing flavors from around the world

### BRAZILIAN LEMONADE

Lime, condensed milk, soda

### COLADA COOLER

Pineapple juice, lime, vanilla syrup, coconut water

### MINT COLDBREW

Coldbrew coffee concentrate, mint foam

### STRAWBERRY MATCHA

Whole milk, coconut water, matcha, strawberry foam

## DIRTY SODAS | \$5

Indulgent and fun soda twists

### CHERRY BOMBSHELL

Coca Cola, cherry syrup, strawberry foam

### MINT LEMONADE

Sprite, mint concentrate, mint foam

### TROPICAL SODA

Fanta, passionfruit purée, coconut syrup

## ENERGY & SPORTS DRINKS

### ACTIVE FIBER DRINK

*High Fiber, High Protein, Delicious*

Pistachio, Chocolate, Vanilla

\$11

### GATORADE

\$4.5

### VITAMIN WATER

*Ask the bartender for available flavors*

\$6

### RED BULL

\$5



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.  
18% Beverage gratuities automatically added to all Guests without a beverage package and to items excluded from respective package.