

JUICES

GREENHOUSE 1 Kale, Spinach, Celery, Romaine, Cucumber, Apple, Lemon	6
GREENHOUSE 3 Kale, Spinach, Celery, Romaine, Cucumber, Ginger, Lemon	6
GREENHOUSE 5 Kale, Spinach, Romaine, Cucumber, Apple, Tangerine, Jalapeño	6
ORCHARD 1 Strawberry, Apple, Lemon, Mint	6
ORCHARD 2 Apple, Lemon, Ginger	3.99
ORCHARD 3 Strawberry, Apple, Coconut Water, Coconut Milk	6
GARDEN 2 Beetroot, Apple, Lemon, Ginger	6
GROVE 3 Orange, Lemon, Tangerine, Grapefruit, Turmeric, Cayenne, Black Pepper	3.99

HYDRATORS

BLUE SPIRULINA LEMONADE Water, Lemon, Agave Syrup, Fytobblue Powder (Blue Spirulina)	3.99
CHARCOAL LEMONADE Water, Lemon, Agave Syrup, Lavender, Activated Charcoal	3.99

NUTM•LKS

VANILLA NUTM•LK Spring Water, Almonds, Rice, Dates, Vanilla Bean, Sunflower Oil, Himalayan salt	4.99
CACAO NUTM•LK Spring Water, Almonds, Rice, Dates, Raw Cacao, Vanilla Bean, Sunflower Oil, Himalayan Salt	4.99
ESPRESSO NUTM•LK Spring Water, Almonds, Rice, Dates, Coffee, Vanilla Bean, Sunflower Oil, Himalayan Salt	4.99

TONICS

GINGER IMMUNITY Orange, Lemon, Ginger, Cayenne, Garlic, Oregano	3.5
DETOX Coconut Water, Lime, Aloe Vera, Activated Charcoal, Milk Thistle	3.5

KOMBUCHA

ORIGINAL Filtered Water, Raw Cane Sugar, Loose Leaf Green Tea, Kombucha Culture	3
RASPBERRY & ELDERFLOWER Filtered Water, Raw Cane Sugar, Loose Leaf Green Tea, Raspberry Leaf, Elderflower, Hibiscus, Rosehip, Nettle, Kombucha Culture, Natural Flavouring	3

SOUPS

SKINNY VEG BROTH WEIGHT LOSS • IMMUNE BOOSTER	4.5
MINTED PEA ENERGY • STRENGTH	5.5
THAI COCONUT DIGESTION • ANTI-INFLAMMATORY	5.5
TOMATO, BASIL & CASHEW HEART HEALTH • CIRCULATION	5.5
BUTTERNUT & BEETROOT DETOX • ENDURANCE	5.5

TOAST

NUT BUTTER Peanut Butter / Almond Butter	3
PB&B Peanut Butter, Banana, Cinnamon	3.5
PB&J Peanut Butter, Chia Jam, Blueberries	3.5
AVOCADO TOAST Smashed Avocado, Chilli Flakes, Mustard Seeds, Olive Oil, Lemon Juice	5

Served on Brown Sourdough

PORRIDGE

AVO POWER PROTEIN Gluten Free Oats, Avocado, Pumpkin Seeds, Almond Milk, Pea Protein, Cinnamon	5
SUPERFOOD Gluten Free Oats, Pumpkin Seeds, Almond Milk, Banana, Flaked Almonds, Cacao Nibs, Goji Berries	4.5
HONEY NUT Gluten Free Oats, Almond Milk, Peanut Butter, Banana, Honey	4.5

BOWLS

AÇAI Açai Berry, Orchard 1, Banana, Raw Granola, Flaked Almonds, Goji Berries, Seasonal Fruit	7.95
PITAYA Pitaya, Orchard 1, Banana, Seasonal Fruit, Desiccated Coconut, Flaked Almonds, Bee Pollen	7.95
CHIA Chia Seeds, Almond Milk, Raw Granola, Flaked Almonds, Goji Berries, Seasonal Fruit	3.95

1-5 DAY
JUICE & SOUP
CLEANSSES
AVAILABLE IN-STORE

SHAKES

MINT CHOC CHARCOAL Almond Milk, Banana, Peanut Butter, Peppermint, Cacao Nibs, Cacao Powder, Activated Charcoal, Greens Powder	6.5
THE BREAKFAST Almond Milk, Banana, Almond Butter, Gluten Free Oats, Maca, Lucuma, Baobab	5.95
ALKALINE AVOCADO Kale, Spinach, Celery, Romaine, Cucumber, Ginger, Lemon, Coconut Milk, Avocado, Almond Butter, Protein, Flax Seeds	7.5
PROTEIN WARRIOR Almond Milk, Banana, Peanut Butter, Protein, Hemp Seeds, Baobab	6.25
ROCKET FUEL Almond Milk, Espresso, Coconut Sugar, Beetroot, BCAA	3.25
VERY BERRY PROTEIN Almond Milk, Banana, Protein, Blueberries	5.5
CACAO 'POW' PROTEIN Almond Milk, Banana, Protein, Cacao Powder, Cacao Nibs, Honey	5.5
PEANUT POWER PROTEIN Almond Milk, Banana, Peanut Butter, Protein, Cacao Nibs	5.25
BERRY RECOVERY Strawberry, Apple, Lemon, Mint, Coconut Milk, Banana, Blueberries, Almond Butter, Protein, Cacao Nibs	6.95
MIRACLE MATCHA Almond Milk, Banana, Matcha, Chia Seeds	4.95
TURMERIC BOOSTER Almond Milk, Banana, Turmeric, Maca, Black Pepper	4.95
GREEN PROTEIN MACHINE Almond Milk, Avocado, Protein, Greens Powder	5.95
PURPLE DRAGON Almond Milk, Banana, Dragon Fruit, Chia Seeds	6.95
AÇAI ANTIOXIDANT Almond Milk, Banana, Açai, Chia Seeds	6.95

SUPPLEMENTS + EXTRAS FROM 50p
Maca, Hemp Seeds, Activated Charcoal, Baobab,
Turmeric, Lucuma, Matcha, Greens Powder, BCAA,
Cacao, Chia Seeds, Flax Seeds, Almond Butter,
Peanut Butter, Bee Pollen, Espresso, Honey, Oats

COFFEE

ESPRESSO	1.8
AMERICANO	1.8
FLAT WHITE	2.5
CAPPUCCINO	2.5/2.8
LATTE	2.5/2.8
MATCHA LATTE	2.7/3
GOLDEN LATTE	2.7/3
CHICORY LATTE	2.7/3
SPECIALITY TEAS	2
HOT CHOCOLATE	3

ALMOND – COCONUT
DAIRY – OAT

SNACKS

SNACK PACKS TOP BANANA BITES • MIGHTY MANGO SLICES • NAKED ALMONDS • ENERGY TRAIL MIX	2.99/3.5
HEALTH BARS CACAO & MATCHA • RASPBERRY & CASHEW • PINEAPPLE & GOJI	2.5