

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, Fytoblue 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

AÇAÍ Açaí 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

COLD-PRESSED SMOOTHIES

ALKALINE BALANCE Greenhouse 2, Avocado, Almond Butter, Flax Seeds, Protein (22g)	7.5
SUPER-GREENS Greenhouse 5, Banana, Almond Butter, Moringa, Guarana, Cayenne, Mulberries	7.5
BERRY RECOVERY Orchard 3, Banana, Almond Butter, Blueberries, Cacao Nibs, Protein (22g)	8
BEET BURNER Garden 2, Banana, Avocado, Almond Butter, Schisandra, Goji Berries, Chia Seeds, Cayenne	8
IMMUNITY Orchard 2, Banana, Avocado, Almond Butter, Lemon, Ginger, Oregano Oil, Garlic Extract, Cayenne, Turmeric	8
AÇAÍ ANTIOXIDANT Garden 2, Almond Milk, Banana, Açaí, Ashwagandha, Collagen, Lucuma, Cacao Powder	9

NUT MILK SHAKES

BREAKFAST Almond Milk, Banana, Almond Butter, Raw Granola, Maca, Lucuma, Baobab	7.5
WARRIOR Almond Milk, Banana, Peanut Butter, Hemp Seeds, Baobab, Protein (28g)	8
MINT-CHOC CHARCOAL Almond Milk, Banana, Peanut Butter, Cacao Nibs, Peppermint, Greens Powder, Activated Charcoal, Cacao Powder	8.5

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