



WELLNESS DRINKS

'Nature itself is the best Physician.' – Hippocrates

COFFEE

Cacao Iced Coffee 7

Double espresso, banana, almond milk, cacao.

Energising, potassium, magnesium.

Cacao-Coco Iced coffee 9

Double espresso, banana, coconut milk, almond butter, cacao, dates, walnuts, coffee beans.

Energising, essential fats, potassium, magnesium.

Matcha Iced Latte 7

Matcha green tea, coconut milk, honey.

High in anti-oxidants, good for brain function.

FERMENTED

Kombucha 6

Ask your server what flavours are available.

Good bacteria for healthy digestive system.

JUICES

Our juicer uses a twin gear system that leaves the enzymes and nutritional value of the vegetable and fruit unaffected by the juicing process.

Cleanse Shot 3

Ginger, lime, lemon, cayenne pepper.

Antibacterial & Digestive Shot 4

Green apple, oregano, honey.

Fresh Orange Juice 4

Seasonal Fruit Blend 6

A seasonal selection of fruit combined in our juicer.

Coconut Water 5

Replenish electrolytes, potassium.

Coconut & Lime 7

Coconut water, lime, fresh mint.

Summer Green 8

Pineapple, cucumber, mint, lime.

Anti-inflammatory and digestive.

Carrot, Turmeric & Ginger 8

Lemon, ginger, pineapple, turmeric, carrot.

Energising, anti-inflammatory.

Herbal Retreat 7

Mint, basil, ginger, lemon, cucumber, cayenne pepper (optional).

Metabolizes fat, good for metabolism.

Tailor Made Juice 9

Customise your fresh juice.
Ingredients subject to availability.

SMOOTHIES

Chrysta 7

Turmeric, coconut milk, vanilla, dates, cinnamon, black pepper, lime.
Anti-inflammatory and immune support.

Açaí Rejuvenator 12

Mango, raspberries, banana, açai berry, almond butter, almond milk, oats. garnished with bee pollen, chia seeds and cacao nibs.
Rejuvenating, packed with vitamins & anti-oxidants.

The Ultimate Chocolate Smoothie 9

Almond milk, coconut milk, avocado, banana, cacao, cacao nibs. iron & magnesium.

Purple Cacao 10

Blueberries, strawberries, almonds, coconut milk, vanilla, spirulina, dates, cacao.
Rich in anti-oxidants, boosts immune health.

Blueberry Yoghurt 9

Blueberries, almond milk, honey, oats, cinnamon, vanilla, almond butter, flaxseeds, greek yoghurt.
Anti-oxidants, stabilises blood sugar.

The Bee 9

Almond milk, banana, bee pollen, honey, tahini, cinnamon, greek yoghurt.
Protein, amino acids & vitamins.

Tropical Superfood 9

Spinach, banana, pineapple, coconut water, almond butter, baobab, spirulina.
Immune support, protein, essential fats.

Tailor Made Smoothie 14

Customise your fresh smoothie.
Ingredients subject to availability.

We will be happy to substitute any ingredients for you, provided they are available. To ensure the highest quality of fruit and vegetables, all ingredients are subject to the seasons.



ORGANIC HERBAL TEA

GARDEN TEA

Mountain Tea 4

Locally picked herbs, good for boosting the immune system and reducing inflammation.

Fresh Mint Tea 4

Fresh mint leaves straight from our garden to help soothe digestion.

HERBAL BLENDS

De-stress & Relax 4

Lavender has antiseptic properties and relaxes the nervous system.

Chamomile is anti-spasmodic and a relaxant. Can help relieve headaches, insomnia and other stress induced complaints.

Passion Flower can treat insomnia and anxiety.

Linden helps to reduce stress and arthritis. Can also relieve muscle pain, dissolve gallstones and soothes headaches or migraines.

Digest & Purify 4

Greek Mountain Tea is anti-inflammatory, anti-microbial and anti-oxidant.

Spearmint soothes the digestive system, good for liver and gallbladder.

Dittany helps the digestive system, rheumatism and arthritis.

Balance & Harmonise 4

Sage stimulates the body's energy levels, regulates the bowels, can reduce PMS symptoms and is anti-inflammatory.

Rose Buds anti-depressant and anti-inflammatory properties and can help reduce cholesterol levels.

Lemon Balm was traditionally used to lift spirits and fight depression. Good for the body and soul and can help to improve memory.

Antioxidant & Weight Loss 4

Verbena stimulates metabolism, beneficial for the digestive system and can help to reduce heart burn, indigestion and stress levels.

Hibiscus is full of anti-oxidants, very high in vitamin C and soothing for the digestion.

Dandelion can help treat liver diseases and gall bladder afflictions.

Strengthens the liver, stimulates its detoxifying and fat burning functions as well as being high in potassium.

Detox Herbs of Mount Olympus 4

Fennel helps with digestion, can reduce bloating, gas or cramps, soothes the muscles of the gastrointestinal system. Stinging Nettle can be used as a diuretic, reducing inflammation as well as treating UTIs. Also helps to boost metabolism and immunity.

Thyme can help with stomach issues, sore throats and arthritis.

Greek Mountain Tea is anti-inflammatory, anti-microbial and anti-oxidant.

Sage stimulates the body's energy levels, regulates the bowels, can reduce PMS symptoms and is anti-inflammatory.

Chamomile is anti-spasmodic and a relaxant. Can help relieve headaches, insomnia and other stress induced complaints.

Immune Support 4

Echinacea stimulates the immune system, boosting the body's defence and speeds up the recovery time from the common cold and flu. It also prevents infections and contributes to ridding the body of infections of the respiratory and urinary system. Helps to fight infections from bacteria and viruses.

GREEN

Matcha Green Tea 6

Japanese matcha premium green tea powder.

High in anti-oxidants and energizing.

Match Green Tea with coconut milk. Served hot or cold 7

Japanese matcha premium green tea powder.

High in anti-oxidants and energizing.

Pure Energy 4

Green Tea high in anti-oxidants.

Chinese Ginseng Root anti-inflammatory, boosts immune system, benefits the brain function, helps to reduce fatigue and increase energy levels, improves stamina and libido.

Pineapple adds a sweet note and contains digestive enzymes.

Ginger helps with digestive issues, anti-inflammatory, helps with respiratory problems, improves blood circulation, boosts immune system, relieves stress.

Slim Tea 4

Green Tea high in anti-oxidants.

Green Mate rich in anti-oxidants and nutrients, boosts energy and improves mental focus, can enhance physical performance, helps weight loss

especially around the belly, boosts immune system, lowers blood sugar levels, lowers risk of heart disease.

Green Coffee Beans improves mood and brain function, protects against heart disease, boosts metabolism, contains less caffeine than roasted beans.

Chamomile is anti-spasmodic and a relaxant. Can help relieve headaches, insomnia and other stress induced complaints.

Anti-aging Aloe Vera 4

Green Tea high in anti-oxidants.

Aloe Vera anti-oxidant and antibacterial, improves digestion, cleanses the liver, reduces bloating, boosts immune system and reduces levels of stress, nourishes the brain and the skin, boosts metabolism aiding in weight loss, purifies the circulation and helps to lower cholesterol levels, good for the female reproductive system, helps to relieve pain.

Pineapple adds a sweet note and contains digestive enzymes.

Goji-Acai 4

Green Tea high in anti-oxidants.

Hibiscus helps to lower blood pressure, reduce blood sugar levels, maintain healthy liver, menstrual cramps, boosts mood, aids digestion and weight management, high in vitamin C, contains minerals such as flavonoids.

Rose Hip high in anti-oxidants, healthy immune system, fights against aging skin, aids weight loss, protects against type 2 diabetes, reduce inflammation, protects against heart disease.

Coji berries have a high level of polysaccharides and promote longevity.

Açai berries native to Brazil, increase energy levels, help fight fatigue and promote weight loss.

Apple adds a sweet note, boosts immunity, improves heart and bone health, helps with constipation, good for blood sugar levels and managing diabetes.

Blackberry high in anti-oxidants, helps to lower blood pressure and blood sugar levels, aids with digestion, boosts the immune system.

Sencha Kombucha 4

Green Tea high in anti-oxidants.

Kombucha good bacteria to help the digestive system and improve mental function.

Apple adds a sweet note, boosts immunity, improves heart and bone health, helps with constipation, good for blood sugar.

Lemongrass relieves anxiety, lowers cholesterol, boosts red blood cell levels, relieves bloating.

Blackberry good source of vitamin C & K.

Acorus Calamus calming and detoxifying.

Plum detoxifies body, boosts immune system and improves liver function.

ROOIBOS

Vanilla 4

Rooibos leaves with finely ground vanilla beans from Mauritius.

Aphaea 4

South African Rooibos, pistachio, grape, almonds. A sweet and nutty blend that harmoniously combines Greek flavours with South Africa's miracle.

WHITE

The White Orchard 4

White tea, apricot, fig, melon, peach, lavender.

BLACK

Bergamot 4

Black tea, green tea, bergamot.

Almond 4

Blend of black teas from China with a bittersweet aroma of almond.