

WELLNESS DRINKS

'It is not living that matters, but living rightly.' – Socrates

'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 antioxidants, 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

Pure Green 9

Cucumber, spinach, green apple, parsley, lemon, celery, ginger. Alkalizing & supports thyroid

Herbal Retreat 7

Mint, basil, ginger, lemon, cucumber, cayenne pepper (optional). Metabolizes fat, good for metabolism

Pineapple & Ginger 8

Apple, carrot, pineapple, ginger, celery. Immune support, good for metabolism

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 & antioxidants

The Ultimate Chocolate Smoothie 9

Almond Milk, Coconut Milk, Avocado, Banana, Cacao, Cacao Nibs. Iron & magnesium

Blue Cacao 10

Blueberries, Almonds, Coconut Milk, Vanilla, Spirulina, Dates, Cacao. Rich in antioxidants, boosts immune health

Blueberry Yoghurt 9

Blueberries, Almond Milk, Honey, Oats, Cinnamon, Vanilla, Almond Butter, Flaxseeds, Greek Yoghurt. Antioxidants, stabilises blood sugar

The Bee 9

Almond Milk, Banana, Bee Pollen, Honey, Tahini, Cinnamon, Greek Yoghurt. Protein, amino acids & vitamins

Golden Coco 9

Coconut Milk, Coconut Water, Turmeric, Mango, Lime, Lemon. Anti-inflammatory, vitamin C, electrolytes

Tropical Superfood 9

Spinach, Banana, Pineapple, Coconut Water, Almond Butter, Baobab, Spirulina. Immune support, protein, essential fats

Green Machine 8

Spinach, Pear, Apple, Spirulina, Avocado. *Energy & protein*

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.