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HOT DRINKS

LACTOSE FREE/SOY MILK SUBSTITUTE ADD:	8
ALMOND MILK SUBSTITUTE ADD:	10
BARISTA BREWED COFFEE	
dbl espresso	22
americano	23
flat white	26
latte	28
TEA	
ceylon, rooibos, green tea	19
RED espresso flat white	28
HOT LOZENGER	
apple juice, lemon, ginger, honey, filtered water	35
MATCHA LATTE	
organic ceremonial-grade Matcha, choice of almond or soy milk	40
SUGAR FREE HONEST HOT CHOCOLATE	40

POWER JUICES S 350ML | L 500ML

CREATE YOUR OWN	S38 L48
orange, apple, carrot, beetroot	10
ADD: cucumber	8
LEMON-C	
apple, lemon, mint	S36 L46
CARROTENE	
carrot, orange, cucumber, ginger	S38 L48
THE PURIFIER	
orange juice, lime, parsley	S38 L48
GL0	
apple, pineapple, cucumber, celery, mint	S40 L50
Z0 SHINE	
carrot, orange, grapefruit, lemon, pineapple, turmeric powder	S40 L50
RAINFOREST	
beetroot, celery, lemon, ginger, pineapple, coriander, kale / swiss chard	S44 L54

GREEN JUICES S 350ML | L 500ML

ALKALISE	S40 L50
spinach, apple, lemon, green superfood powder	
D-TOX	S42 L52
spinach, celery, cucumber, apple, lemon, ginger	
RUKOLINA	S46 L56
cucumber, lemon, ginger, pineapple, kale / swiss chard, parsley, himalayan rock salt	
KALE ALE	S46 L56
cucumber, lemon, lime, celery, lettuce, kale / swiss chard	

SMOOTHIES S 350ML | L 500ML

THE BASIC	S36 L44
banana, low fat milk, low fat plain frozen yoghurt	7
ADD: honey, sugar free peanut butter	12
sugar free honest hot chocolate	12
red espresso	
MANGO ZING	
mango, kale, lime, ginger, honey, filtered water	S38 L48
TROPICAL SPICE	
banana, pineapple, coconut, chia seeds, ginger, mint, cinnamon, honey	S38 L46
NEW-ME	
blueberries, strawberries, raspberries, low fat plain frozen yoghurt, filtered water	S38 L48
PEANUT BUTTER BLU	
sugar free peanut butter, blueberries, banana, dates, almond milk	S38 L48
REFRESH	
strawberries, blueberries, apple juice, black pepper, mint	S40 L50
THE HEALER	
apple juice, lemon, ginger, chilli, low fat plain frozen yoghurt	S40 L50
RAW CHOCOLATE	
cacao, hemp seeds, banana, cinnamon, almond milk, dates, filtered water	S40 L50
GREEN WARRIOR	
orange juice, kale, apple, cucumber, celery, hemp seeds, mango, mint, filtered water	S42 L52
MIRACLE MILK	
raw cashews, banana, coconut flakes, cinnamon, himalayan rock salt, honey, filtered water	S44 L54
STRAWBERRY-B	
strawberries, apple juice, mint, low fat plain frozen yoghurt	S44 L54
COFFEE UNION	
espresso, honey, low fat plain frozen yoghurt	S49
SUPERMATCHA	
banana, almond milk, dates, matcha	S59

FUNCTIONAL BLENDS S 350ML | L 500ML

STRAWBERRY WHIP	S38 L50
strawberries, whey protein, filtered water, dates	
LOW FAT PROTEIN SHAKE	S42 L50
whey protein, low fat milk	
URTH	
filtered water, coconut, banana, blueberries, dates, hemp protein powder, chia seeds, kale / swiss chard	S42 L50
UNICORN BY ZOSIA	
dragon fruit, mango, banana, freshly squeezed orange juice, almond / macadamia butter, spirulina, hemp seeds, whipped coconut cream	S45 L55

0 MEGA ME	S50 L40
mango, orange juice, avo, lime, honey, filtered water, activated chia seeds	
BLUEBERRY REEFER	
lactose free milk, blueberries, hemp seed protein powder, banana, chia seeds, honey	S50 L58
POWER SOURCE	
banana, goji berries, chia seeds, whey protein, filtered water	S50 L58
49 0 MEGA ALMOND	
almond / macadamia butter, banana, dates, lacuma, almond milk, activated chia seeds	S50 L60
ADD: collagen	20
THE NUTTER	
sugar free peanut butter, banana, chia seeds, coconut shavings, honey, whey protein, filtered water	S50 L62
THE BOSS	
banana, almond / macadamia butter, cacao, whey protein, dates, filtered water, honey	S56 L66

LOW FAT PLAIN FROZEN YOGHURT

OUR FROZEN YOGHURT IS LOW IN FAT & SUGAR. IT'S FREE FROM ARTIFICIAL COLOURS & FLAVOURS. IT'S ALSO RICH IN CALCIUM & LIVE YOGHURT CULTURES.

CHOOSE FROM A VARIETY OF TOPPING BELOW:	
FROZEN YOGHURT	S25 L32
sugar 3.8g / 100g & fat 2g / 100g	
chilli/mint	2
banana	4
coconut flakes	5
chia seeds	5
honey	6
sunflower seeds	8
goji berries	10
sugar free honest hot chocolate	12
pumpkin seeds	12
raw flaked almonds or cashews	12
fruit salad	16
wheat-free goji muesli	16



SUPER BOOST FARMACY	
OUR SUPER BOOST FARMACY IS A NATURAL RANGE OF BOOSTERS SELECTED SPECIFICALLY FOR THEIR FUNCTIONAL BENEFITS, ENHANCING THE NUTRITIONAL VALUE OF YOUR MEAL	
COLLAGEN	20
improves and strengthens skin, nails and hair. helps with tissue repair and aids digestive health	
ORGANIC CHIA SEEDS	5
gluten free and rich in omega 3's, fibre and antioxidants	
L-GLUTAMINE	9
5g/serving	
improves muscle recovery, promotes healthy digestion and balanced blood sugar levels	
ORGANIC HEMP SEEDS	10
omega 3 and 6 ratio, contains all amino acids and trans fat free	
ORGANIC GREEN POWDER	11
alkalising superfood that consists of baobab, green grasses, hemp seed protein, moringa leaf and spirulina	
ORGANIC MACA SUPERCHARGE	11
nutrient dense and energizing superfood containing lacuma, mesquite, raw cacao, hemp seeds, maca and herbs	
MORINGA LEAF POWDER	11
powerful blend of antioxidants, vitamins and minerals. complete protein source, boosts energy and increases overall body functioning	
GINGER SHOT	21
relieves nausea, immune booster, anti-inflammatory, decongestant	
ORGANIC HEMP SEED PROTEIN POWDER	20
vegetarian, free from gluten, dairy, sugar, soy, colouring and artificial flavours. complete protein source, fast absorbing and easily digestible	
WHEY PROTEIN	25
22g protein, 1.9g carbohydrates, 1.2g fat. free from artificial sweetener and sugar	
ORGANIC WHEATGRASS SHOT	35
multitude of vitamins and minerals equivalent to 1kg of green veggies, 90 minerals, 19 amino acids, alkalises and assists red blood cell production	