

FRESHLY SQUEEZED JUICES

freshly squeezed & made to order

cloudy apple	350ml R36 500ml R39
fresh orange	350ml R36 500ml R39
carrot pine carrot, pineapple, orange	350ml R39 500ml R42
cleanser beetroot, apple, lemon	350ml R39 500ml R42
energizer carrot, beetroot, apple, lemon, ginger	350ml R39 500ml R42
healthy heart carrot, apple, ginger	350ml R39 500ml R42
100% green juice celery, cucumber, spinach, parsley, spirulina	350ml R58 500ml R61
add: apple R4	
cool mint cucumber, strawberry, apple, mint	350ml R52 500ml R55
gone green spinach, cucumber, celery, apple, lemon	350ml R58 500ml R61

make my own sumo 350ml R39 500ml R42

choose 3 ingredients:

+ apple	+ celery	+ mint
+ banana	+ ginger	+ strawberry
+ beetroot	+ lemon	+ parsley
+ carrot	+ orange	

HOT STUFF

2% low fat milk, standard double shot unless specified

soya milk substitute R10

almond milk substitute R12

flat white	R27
latte	R29
double espresso	R22
americano	R24
red rooibos cappuccino	R26
red rooibos latte	R28
hot chocolate sugar free chocolate powder, low fat milk	R30
chai latte milk/ water	R33
hot apple attraction fresh apple juice, ginger, lemon, honey	R36
tea ceylon, rooibos, green, chamomile	R18

BOOSTERS

super charge any smoothie, juice or meal

with these nutritious ingredients:

soya milk	R10
almond milk	R12
sugar free chocolate powder	R10
peanut butter/ sugar free peanut butter	R8
roasted almond butter	R16
roasted macadamia butter	R16
whey protein	R27
hemp protein powder	R24
maca powder	R12
coconut	R12
chia seeds	R10
spirulina	R18
walnuts	R18
cacao nibs/ powder	R14
goji berries	R18