

# BLISS JUICES

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- GREENS 1 ..... **R42**  
Apple, courgette, spinach, broccoli, fennel and lemon 500ml
- GREENS 2 ..... **R42**  
Apple, cucumber, spinach, celery, lime 500ml
- GREENS 3 ..... **R42**  
Kale, spinach, parsley, cucumber, celery, apple, lemon 500ml
- GREENS 4 ..... **R42**  
Kale, spinach, parsley, cucumber, celery, apple, lemon, ginger 500ml
- GREENS 5 ..... **R42**  
Kale, spinach, jalapeno, parsley, cucumber, celery, lemon 500ml
- GREENS 6 ..... **R42**  
Kale, spinach, parsley, cucumber, celery, lemon 500ml
- TROPICAL 1 ..... **R40**  
Pineapple, apple, pear, lemon, turmeric 500ml
- TROPICAL 2 ..... **R40**  
Cucumber, pineapple, coconut, lemon 500ml

- **ROOT BOOST**..... **R40**  
Beetroot, pear, cucumber 500ml
- **ROOT BOOST 2**..... **R40**  
Beetroot, pineapple, cucumber, ginger 500ml
- **EARTH 1**..... **R40**  
Carrot, apple, parsley, lime, ginger 500ml
- **EARTH 2**..... **R40**  
Spinach, parsley, cucumber, carrot, apple, lemon 500ml
- **VANILLA ALMOND MILK**..... **R58**  
Almonds, filtered water, dates, vanilla bean, himalayan salt 500ml
- **CHAI ALMOND MILK**..... **R58**  
Almonds, filtered water, dates, vanilla bean, chai spices 500ml
- **CACAO ALMOND MILK**..... **R58**  
Almonds, filtered water dates, vanilla bean, cacao 500ml
- **COCONUT ALMOND MILK**..... **R58**  
Almonds, filtered water, dates, vanilla bean, coconut 500ml
- **ESPRESSO ALMOND MILK**..... **R58**  
Almonds, filtered water, dates, vanilla bean, espresso, himalayan salt 500ml

# BLISS SHOTS

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- AWAKEN SHOT..... **R20**  
Lemon, honey & ginger 50ml
- ANTIOXIDANT SHOT..... **R20**  
Pomegranate & ginger 50ml
- DETOX SHOT..... **R20**  
Activated charcoal, coconut water & ginger 50ml
- SKIN SHOT..... **R20**  
Watermelon/Grapefruit, chia seeds & camu camu 50ml

# BLISS SMOOTHIES

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- **ALKALISING GREEN**..... **R36 R48**  
Spinach, cucumber, pineapple, apple, coconut water, mint, avo 350ml 500ml
- **CLEAN GREEN**..... **R35 R46**  
Spinach, coriander, cucumber, apple, ginger, avo 350ml 500ml
- **BERRY GLOW**..... **R36 R46**  
Mixed berries, banana, coconut water, coconut 350ml 500ml
- **TROPICAL HEALER**..... **R32 R44**  
Pineapple, coconut water, mint, ginger 350ml 500ml
- **ENERGISER MILK**..... **R44 R56**  
Almond milk, banana, maca, hemp, coconut, cinnamon 350ml 500ml

*Smoothie extras: Hemp, Maca, Spirulina, Cacao, Chia Seeds, Mesquite, Camu Camu, Synerchi Greenchi Protein - R10*

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