

MENU

COLD PRESSED JUICES & SMOOTHIES (340ML)

GREEN JUICES

THE COOLER Apple, Spinach, Avocado, Celery, Cucumber, Lime **R36**

JUNGLE JUICE Apple, Spinach, Avocado, Carrot, Parsley, Celery, Courgette, Kale, Alfalfa Sprouts **R36**

ALL SORTS Apple, Cucumber, Celery, Yellow Pepper, Lemon, Courgette, Ginger **R36**

CHLORO FILL Apple, Cucumber, Spinach, Celery, Avocado, Spirulina Powder **R36**

BEET JUICES

FAB FOUR Apple, Celery, Carrot, Beetroot **R32**

MIGHTY MIX Apple, Spinach, Beetroot, Pineapple, Carrot, Celery, Cucumber **R36**

BRAINIAC Apple, Cucumber, Beetroot, Pineapple, Lime, Avocado, Hemp Protein Powder, Banana, Celery, Ginkgo Biloba **R40**

GOOD VIBRATIONS Apple, Beetroot, Carrot, Celery, Lemon, Ginger, Camu Camu Powder **R42**

SMOOTHIES

CREAM OF BERRY Apple, Banana, Blueberries, Blackberries, Cranberries, Cherries, Strawberries, Almond Milk, Mixed Seeds **R38**

THE HERE & NOW Raspberries, Ginkgo Biloba, Strawberries, Yoghurt, Cacao Powder, Apple **R38**

RISE 'N ALIGN Almond Milk, Apple, Banana, Desiccated Coconut, Ground Linseeds, Mesquite Powder, Ginger, Honey, Chilli **R45**

RISE 'N SHINE Yoghurt, Apple, Pineapple, Banana **R36**

FRUIT JUICES

GINGER NINJA Apple, Carrot, Lemon, Ginger **R30**

THE OH-JAY Orange **R30**

CITRUS APP Apple, Lemon **R30**

CRANBERRY KUDOS Orange, Apple, Cranberries, Lime **R34**

THE ORCHARD Apple **R26**

HANGOVER HELPER Watermelon, Pineapple, Grapefruit, Lime, Strawberries, Kiwi **R40**

POWER SHOTS

APPLE ZINGER - 50ML Apple, Ginger **R12**

WHEATGRASS - 30ML **R22**

HOT CHOCOLATE

MACA HOT CHOCOLATE Cacao Powder, Maca, Hemp Seeds, Lacuma, Mesquite, Honey, Coconut Oil **R50**

THE CANDY STORE SMOOTHIES (340ML)

TAHINI CHOCO BEANEY Almond Milk, Banana, Cacao Powder, Tahini, Honey **R35**

COCONUT HEAVEN Apple, Coconut Milk, Banana, Lime, Honey **R35**

MANGO & HONEY HAPPINESS Pineapple, Mango, Yoghurt, Honey **R36**

RASPBERRY RIPPLE Pineapple, Raspberries, Yoghurt **R36**

VANILLA ICE CREAM SMOOTHIE Apple, Pineapple, Sugar Free Ice Cream, Honey, Cacao Powder **R45**

BLUEBERRY INDULGENCE Almond Milk, Blueberries, Yoghurt, Vanilla **R40**

PUKKA HERBAL TEAS

REVITALISE Cinnamon, Cardamom & Ginger **R12**
Peppermint, Fennel & Rose **R12**
Chamomile, Fennel & Marshmallow **R12**

SPECIALIST SPORT JUICES & SMOOTHIES (340ml)

BEET IT **Pre-Workout**
Beetroot, Watermelon, Lime **R42**

IGNITE **During-Workout**
Grape, Coconut water, Lime **R42**

MUSCLE MEMORY **Post-Workout**
Milk, Almonds, Cacao, Honey, Vanilla **R42**

LEVEL UP **Post-Workout**
Yoghurt, Milk, Peanut Butter, Banana, Honey, Vanilla **R42**

RELOADED **Post-Workout**
Grape, Blueberries, Coconut Water, Lemon, Honey **R42**

ARTISAN LOLLIES

THE ORCHARD Apple **R20**

THE OH-JAY Orange **R20**

GINGER NINJA Apple, carrot, lemon, ginger **R20**

SMASHING STRAWBERRY Apple, yoghurt, strawberry, honey **R20**

MANGO & HONEY HAPPINESS Pineapple, mango, yoghurt, honey **R20**

COCONUT HEAVEN Beetroot, Coconut Cream, Coconut Milk, Honey **R20**