

plant & milk blends

juices & drinks

COLD PRESSED JUICE

little glass 8 large glass 10

bright eyes

spinach, kale, parsley, cucumber, lemon, apple, pear & ginger

beets me

beetroot, red cabbage, lemon, apple, pear & mint

the ranga

orange and watermelon (ginger optional)

something green

kale, spinach, apple, cucumber, celery and lemon (ginger optional)

sun shades

beetroot, carrot, spinach, kale, cucumber, celery and lemon (ginger and apple optional)

minty citrus

pineapple, apple, lemon and mint (cucumber optional)

apple a day

apple and cinnamon (lemon and ginger optional)

pink pine

watermelon and pineapple (ginger optional)

classic organic orange (ginger optional)

straight up organic celery

DOSES

organic pick-me-up plant shots 4

straight ginger / ginger + fresh turmeric / ginger + lemon + garlic / orange + oregano oil / ginger + lemon + oregano oil /

COLD CUPS

pimms without the pimms 7

preservative-free ginger beer poured over slices of cucumber, lime and seasonal fruit w/fresh mint

ginger rainwater kefir 7

seriously probiotic; made from real kefir grains, served w/lime

ALL-PLANT BLENDS

little glass 10 large glass 12

the daily green

organic kale, spinach, cucumber, pineapple, lemon and mint (avocado +3)

parsley rush

parsley, spinach, kale, banana, pear, medjool date & ginger

green pine

pineapple, cinnamon, mint, lemon, medjool date & ginger

a place called kokomo

mango, pineapple, banana, spinach, lime and mint

choc top

organic raw cacao nibs, cacao powder medjool date, banana & nutmeg

enter the dragon

frozen organic dragon fruit wild blueberry banana

pineapple apple lemon & mint

coconut fruit +2

fresh coconut water and flesh blended w/banana and wild organic blueberries

HERBAL BLEND ADD-ONS: organic spirulina / organic barley grass / organic chaga / organic reishi / organic bee pollen / ~~organic lemon balm dropper~~ / +3 alcohol free b-12 liquid dropper +4

DAIRY BLENDS

the daily smoothie

seasonal fruit blend w/ organic milk

mango lassi

organic yoghurt, mango, cardamom & mint (honey optional)

FRIDGE DRINKS

organic ginger beer 5

fresh drinking coconuts 6

antipodes, sparking or still 500ml 4

