



JUICE

Organic Wheatgrass:
1oz: \$2.65 2oz. \$4.65

Fresh Pressed Juices

8oz. 3.00 16oz. 5.75 1litre 10.00

Vegetable Elixers:

Iron Beta Blast Rejuvenator Rise Up	Carrots Beets & Ginger Carrot, Apple, Ginger & Parsley Carrot, Apple, Parsely, Celery & Garlic
V-6	Tomato, Kale, Sweet Pepper, Beet, Carrot & lemon
Hella-Skeleton Green Power	Kale, Apple & Carrot Cucumber, kale, sweet pepper, parsley, celery & lemon

Fruit Elixers

Sunrise, Sunshine Everything Nice Health Treaty High C	Tangerine, Orange & Grapefruit Cranberry, Grape & Apple Pineapple, Tangerine & Red Grape Orange, Strawberry & Carrot
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Premium Juices

8oz. \$3.25, 16oz 6.00 1 Litre 10.75

Royal Blend	Apple, Celery, Beet, Lemon, Parsley & Wheatgrass
Detox Darling	Apple, Kale, Lemon, Wheatgrass & Milk Thistle
Rubee	Grapefruit, Tangerine, Beet & Red Clover
Power Up	Carrot, Orange & Ginseng

Smoothies

8oz. 3.00 16oz. 5.75 1litre 10.00

Fruit Bolt	Banana, Apple & Orange
Blue Blazer	Blueberries, Apple Juice & Banana
Red Blazer	Raspberries, Orange Juice & Banana
Pink Drink	Grapefruit, Strawberry & Banana
Magnocity	Fresh Orange Juice & Mango

Super Shakes

8oz - 3.25, 16oz. 6.00 1Litre 10.75

Immunity	Orange Juice, Strawberry Soymilk, Banana & Echinacea
Omega Jam	Blueberries, Strawberry Soymilk, Banana & flax oil
Cocoa Berry	Chocolate Soy, Fresh Strawberry, Banana & Gingko Biloba
Spirulina Colada	Pineapple, Raspberry Soygurt, Vanilla Soy & Spirulina
Green Haze	Avocado, Vanilla Soy & Wheatgrass
Funky Monkey	Chocolate Soy, Frozen Banana & a shot of Espresso

Extras & Additions for your Juice blends \$1.75 each

Flax Oil:	Essential Omega Fatty acids help are used for your body`s cell formation
Spirulina:	A blue-green algae that is 60% protein, also has high vitamin density
Protein Powder:	All-vegetarian rice, pea and soy blend has pineapple extract for better absorption
Ginseng:	Energizer & immune stimulant
Gingko Biloba	Sharpens the senses
Milk Thistle:	Liver protector and detoxifier
Red Clover:	Improves circulation & blood cleansing
Echinacea:	Immune system booster

Please consult your healthcare practitioner before taking any natural supplements - Pregnant women and people with high blood pressure should take caution before using these products

Hot Beverages

Organic Dairy, Rice & Soy Milks available

Organic, Fair Trade Coffee	\$1.85cup
Latte	\$3.50
Cappuccino	\$2.50
Espresso/Americano	\$1.85/Single \$2.65 double
Chai Latte/Yoga Latte (decaf) - made from loose leaf tea	\$3.50
Organic Hot Chocolate	\$3.50

Loose Leaf Teas - \$1.85/cup \$6.00/pot

We carry a wide assortment of loose leaf teas. Are you feeling like Black Red or Green tea? Herbal or Caffiene free? We would be happy to explain what we have on offer today.