

\$6.00

### FRESH JUICES MADE TO ORDER

#### £5.00

#### **JUICY GREENS**

- APPLE, PINEAPPLE, MINT, CUCUMBER 110cals
- 2 PEAR, SPINACH, LEMON, GINGER 85cals

#### **JUICY YELLOWS**

- 1 LEMON, GINGER, APPLE, PINEAPPLE 95cals
- PEAR, TURMERIC, APPLE 100cals

#### **JUICY ORANGES**

- **CARROT, GINGER, APPLE 95cals**
- 2 ORANGE, MINT, CARROT 110cals

#### **JUICY REDS**

- STRAWBERRY, PINEAPPLE, MINT 110cals
- **BEETROOT, APPLE, GINGER 105cals**

#### **SUPER SHOTS**

**GINGER SHOT 40cals** GINGER ROOT, LEMON, APPLE

**TURMERIC SHOT 40cals** 

TURMERIC ROOT, ORANGE, LEMON



£2.50



CHAGA/COCOA £4.00

## COFFEES/SUPERFOOD LATTES SERVED ICED OR HOT

£3.00

**ESPRESSO** £3,00 **SPECIALITY COFFEES** 

**KETO COFFEE** £3.20 LATTE £4.00 **FLAT WHITE** £3.20 CHAI £4.00 CAPPUCCINO £3.20 MATCHA £4.00

+ ADD EXTRA SHOT OR SYRUP 50p

### **SUPER SMOOTHIES**

**SUPER GREEN 380cals** 

MANGO, PINEAPPLE, AVO, SPIRULINA, SPINACH, COCONUT MILK

**BULLET PROOF** 372cals

ESPRESSO, BANANA, VANILLA, COCOA, MCT OIL, ALMOND MILK

**BERRY** 350cals

BLUEBERRY, STRAWBERRY, BANANA, **COCONUT MILK** 

VIT C 240cals

PINEAPPLE, MANGO, TURMERIC, GINGER, ORANGE

**PB OAT LATTE 420cals** 

ESPRESSO, PEANUT BUTTER, BANANA, **COCOA NIBS, OAT MILK** 

**LEAN GREEN 280cals** 

APPLE, PINEAPPLE, MINT, LEMON, COCONUT MILK



+ ADD WHEY OR VEGAN PROTEIN £1.50

#### PROTEIN SHAKES 🍛

£7.50

**AÇAÍ** 480cals

ACAI, BANANA, BLUEBERRY, PROTEIN, COCONUT MILK

**PEANUT BUTTER 520cals** 

COCOA NIBS, PB, BANANA, PROTEIN, COCONUT MILK **SKINNY PB & CHOC** 380cals

BANANA, COCOA, PB PROTEIN, COCONUT MILK

**B.Y.O. SALADS** 

**SELECT A PROTEIN** + ADD EXTRA PROTEIN £2

+ ADD EXTRA TOPPING £1

**HOT RICE BOWLS** 

STEP 1

STEP 2

STEP 3

STEP 4

**AVO** 450cals

AVOCADO, PROTEIN, BANANA, ALMOND MILK **CARAMEL LATTE 480cals** 

CARAMEL, ESPRESSO, BANANA, PROTEIN, COCOA NIBS, ALMOND MILK

**CHOOSE RICE OR MIXED LEAVES** 

**ADD UP TO 4 PREMIUM TOPPINGS** 

PULLED TERIYAKI CHICKEN (HALAL)

**PULLED CHICKEN, SPINACH, RICE,** 

JAPANESE MAYO, PICKLED CABBAGE & **SPRING ONIONS WITH TERIYAKI SAUCE** 

548cals 19g fat 46g carbs 50g protein

PULLED PORK, SPINACH, RICE, JAPANESE

KOREAN BBQ PULLED PORK

**MAYO, PICKLED CABBAGE & SPRING** ONIONS WITH KOREAN BBQ SAUCE 520cals 14g fat 46g carbs 56g protein

**VEGETARIAN HOISIN DUCK** 

PULLED PLANT BASED DUCK, SPINACH,

& SPRING ONIONS WITH HOISIN SAUCE

480cals 19g fat 46g carbs 58g protein

RICE, JAPANESE MAYO, PICKLED CABBAGE

DRIZZLE IT WITH A DRESSING

**AMERICANO** 

# FRESH BITES

**JJJ** SALAD AND RICE BOWLS



## **SEASONAL SOUPS**

ASK SERVER FOR DAILY SPECIAL

+ A PLAIN FLATBREAD £1.50



## FLAT BREADS

£6.00

**JUICY VEGAN** 340cals

AVOCADO, SPINACH, TOMATO, PESTO

**JUICY SPICY TUNA 410cals** 

TUNA, AVOCADO, JALAPEÑOS, SPINACH, TABASCO

**JUICY MOZZA** 360cals

MOZZARELLA, TOMATO, PESTO, SPINACH

**JUICY CLUB** 460cals PULLED CHICKEN, TOMATO, AVOCADO, PESTO, SPINACH



+ EXTRA PROTEIN £2



# BOWLS CHOOSE 4 TOPPINGS FROM THE BAR

**RICH IN** 

**ANTIOXIDANTS** 

**FLUFFY COCONUT PORRIDGE 280cals** + ADD PROTEIN £1.50

**SMOOTHIE BOWLS** 384cals

**AÇAÍ, COCONUT OR MANGO** 

+ EXTRA TOPPING £1



£7.00

































# **PROTEIN PACKED**

MACRO COUNTED



#LFTSGFT.IUICY