



NUTRITIONAL INFO / JUICES

SMOOTHIES / 100ML <i>REGULAR 500ML LARGE 600 ML</i>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
STRAWBERRY SWIRL Strawberry, Banana, 100% Apple Juice & Yoghurt	48.250	0.510	0.270	10.560	8.540	0.690	0.015
BERRY NICE Strawberries, Blueberries, Raspberries, Banana, 100% Apple Juice & Yoghurt	49.490	0.520	0.270	10.870	8.670	0.700	0.015
MANGO MANIA Mango, Pineapple, Banana, Mango Nectar & Yoghurt	61.380	0.570	0.280	14.190	11.850	0.790	0.018
TROPIC THUNDER Mango, Pineapple, Banana, Coconut, Mango Nectar, Coconut Milk & Yoghurt	60.430	1.880	1.500	10.750	8.450	0.860	0.033
RASPBERRY LEMON-AID Pineapple, Raspberry, Lemon, Pineapple Juice & Lemon Sorbet	56.320	0.320	0.110	14.410	10.220	0.610	0.007
SUMMER FRUIT SORBIE Strawberries, Blueberries, Raspberries, 100% Apple Juice & Strawberry Sorbet	48.590	0.260	0.110	11.710	9.820	0.290	0.005
FRESH JUICES / 100ML <i>REGULAR 500ML LARGE 600 ML</i>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
BERRY RECOVERY Freshly Pressed Apples, Strawberries, Blueberries, Raspberries, Banana & Natural Yoghurt	75.800	0.660	0.280	18.600	12.800	1.000	0.016
STRAWBERRY ENERGY Freshly Pressed Apples, Strawberries, Banana & Pear	75.758	0.299	0.020	19.982	13.176	0.655	0.003
HANGOVER BOOSTER Freshly Squeezed Orange, Banana, Strawberry, Mango, Natural Salts & Electrolytes & Natural Yoghur	73.900	0.580	0.280	17.440	12.930	1.300	0.019
LEMON TWIST Freshly Pressed Apple, Lemon, Melon, Mint & Lemon Sorbet	78.750	0.430	0.110	21.100	14.680	0.780	0.013
MANDARIN DREAM Mandarin, Freshly Pressed Orange, Mango Nectar & Lemon Sorbet	74.920	0.340	0.140	18.800	15.390	0.840	0.008
SUPER JUICES / 100ML <i>REGULAR 500ML LARGE 600 ML</i>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
FLU FIGHTER Freshly Squeezed Carrot, Apple, Orange & Ginger	79.250	0.290	0.010	20.240	13.510	1.090	0.040
RAW DETOX Whole Apple, Spinach, Avocado, Juiced Carrot, Lemon & Celery	44.990	0.960	0.110	9.260	5.620	0.850	0.095
FAT BURNER Freshly Pressed Apple, Celery, Lemon, Ginger & Pink Grapefruit	65.530	0.350	0.010	17.530	10.680	0.850	0.048
KING KALE Kale, Whole Apple, Pineapple, Pear & Juiced Orange	61.310	0.220	0.010	15.600	11.150	1.190	0.012
ROOT RHYTHM Freshly Pressed Beetroot, Apple, Ginger & Lemon	82.60	0.380	0.010	21.730	14.400	1.110	0.070
PROTEIN SHAKES / 100ML <i>REGULAR 500ML LARGE 600 ML</i>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
PROTEIN CHARGE Banana, Peanut Butter, Milk, Natural Yoghurt & Whey Protein	100.420	4.570	1.760	9.670	6.690	6.550	0.088
NUTTIES & CREAM Peanut Butter, Almond Butter, Banana, Milk, Vanilla Yoghurt, Cookies & Cream Protein	99.400	5.400	1.610	8.620	5.610	5.400	0.074
ALMOND CHARGE Banana, Almond Butter, Almond Milk & Whey Protein	67.370	4.070	0.350	5.970	2.790	2.990	0.053
MANGO FEED Mango, Banana, Coconut Milk, Oats & Whey Protein	48.350	0.870	0.500	8.350	4.020	2.240	0.037
PURPLE POWER Blueberries, Strawberries, Oats, Strawberry Sorbet, Milk & Whey Protein	81.770	2.100	1.140	10.990	6.880	5.570	0.076
RAW PROTEIN CHARGE Banana, Peanut Butter, Raw Cacao, Avocado, Dates, Chia, Flax, Hemp & Almond Milk	91.230	5.290	0.850	10.500	5.130	2.630	0.054
GREEN & MEAN Banana, Avocado, Spirulina, Spinach, Dates, Chia, Flax, Hemp, Pressed Ginger & Almond Milk	70.880	3.110	0.330	10.040	4.820	2.020	0.088
DR'S DAILY / 100ML <i>REGULAR 500ML LARGE 600 ML</i>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
THE LION THING Raspberry, Raw Cacao, Banana, Dates, Lion's Mane Supplement Whey Protein, Coconut Milk & Vanilla Yoghurt	57.860	1.250	0.830	9.610	5.340	3.070	0.053
BETTER THAN BROTOX Coconut Water, Celery, Cucumber, Apple, Lemon, Parsley, Honey & Collagen Supplement	26.3	0.06	0.01	6.13	5.23	0.24	0.01
GOLDEN GUT MILK Turmeric, Pepper, Cinnamon, Probiotic Kefir, Mango, Honey, Coconut Milk & Freshly Pressed Orange Juice	74.530	0.610	0.350	17.690	14.070	1.450	0.020
ACAI POWER BREAKFAST Acai, Blueberries, Strawberries, Banana, Probiotic Kefir, Almond Butter, Strawberry Sorbet & Coconut Milk	61.980	2.920	0.780	8.320	5.500	1.200	0.034
AVO SHAKE Avocado, Banana, Spirulina, Vanilla Yoghurt, Honey & Vanilla Soy Milk	69.050	3.060	0.630	9.210	5.820	2.520	0.150