



NUTRITIONAL INFO / JUICES

SMOOTHIES / 100ML <small>REGULAR 500ML LARGE 600 ML</small>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
STRAWBERRY SWIRL Strawberry, Banana, 100% Apple Juice & Yoghurt	62.3	0.1	0.270	14	8.540	1.3	0.015
BERRY NICE Strawberries, Blueberries, Raspberries, Banana, 100% Apple Juice & Yoghurt	62.3	0.1	0.270	14	8.670	1.3	0.015
MANGO MANIA Mango, Pineapple, Banana, Mango Nectar & Yoghurt	68.5	0.1	0.280	16	11.850	1.6	0.018
TROPIC THUNDER Mango, Pineapple, Banana, Coconut, Mango Nectar, Coconut Milk & Yoghurt	67.9	2.2	1.500	10.7	8.450	1.5	0.033
RASPBERRY LEMON-AID Pineapple, Raspberry, Lemon, Pineapple Juice & Lemon Sorbet	62	0.2	0.110	14.5	10.220	0.4	0.007
SUMMER FRUIT SORBIE Strawberries, Blueberries, Raspberries, 100% Apple Juice & Strawberry Sorbet	65.2	0.1	0.110	15.5	9.820	0.2	0.005
FRESH JUICES / 100ML <small>REGULAR 500ML LARGE 600 ML</small>	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	65.2	0.1	0.280	15.5	12.800	1.1	0.016
STRAWBERRY ENERGY Freshly Pressed Apples, Strawberries, Banana & Pear	49.1	0.1	0.020	11.1	13.176	0.5	0.003
HANGOVER BOOSTER Freshly Squeezed Orange, Banana, Strawberry, Mango, Natural Salts & Electrolytes & Natural Yoghur	65	1.2	0.280	12.3	12.930	0.9	0.019
LEMON TWIST Freshly Pressed Apple, Lemon, Melon, Mint & Lemon Sorbet	52.3	0.1	0.110	13	14.680	0.1	0.013
MANDARIN DREAM Mandarin, Freshly Pressed Orange, Mango Nectar & Lemon Sorbet	74.920	0.2	0.140	18.800	15.390	0.840	0.008
SUPER JUICES / 100ML <small>REGULAR 500ML LARGE 600 ML</small>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
FLU FIGHTER Freshly Squeezed Carrot, Apple, Orange & Ginger	66.2	0.2	0.010	15	13.510	0.5	0.040
RAW DETOX Whole Apple, Spinach, Avocado, Juiced Carrot, Lemon & Celery	58.6	1.3	0.110	10.4	5.620	0.8	0.095
FAT BURNER Freshly Pressed Apple, Celery, Lemon, Ginger & Pink Grapefruit	50.8	0.1	0.010	12.2	10.680	0.4	0.048
KING KALE Kale, Whole Apple, Pineapple, Pear & Juiced Orange	62.5	0.3	0.010	13.6	11.150	0.8	0.012
ROOT RHYTHM Freshly Pressed Beetroot, Apple, Ginger & Lemon	47.3	0.1	0.010	10.2	14.400	0.4	0.070
PROTEIN SHAKES / 100ML <small>REGULAR 500ML LARGE 600 ML</small>	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
PROTEIN CHARGE Banana, Peanut Butter, Milk, Natural Yoghurt & Whey Protein	128.4	4.6	1.760	11.3	6.690	10.1	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	106.6	5.3	0.350	5.6	2.790	8.4	0.053
MANGO FEED Mango, Banana, Coconut Milk, Oats & Whey Protein	83.4	1.5	0.500	11	4.020	5.5	0.037
PURPLE POWER Blueberries, Strawberries, Oats, Strawberry Sorbet, Milk & Whey Protein	87.9	1.4	1.140	12.3	6.880	6.2	0.076
RAW PROTEIN CHARGE Banana, Peanut Butter, Raw Cacao, Avocado, Dates, Chia, Flax, Hemp & Almond Milk	122.3	6.7	0.850	8.5	5.130	4.5	0.054
GREEN & MEAN Banana, Avocado, Spirulina, Spinach, Dates, Chia, Flax, Hemp, Pressed Ginger & Almond Milk	77.7	3.5	0.330	7.9	4.820	2.2	0.088
DR'S DAILY / 100ML <small>REGULAR 500ML LARGE 600 ML</small>	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

SMOOTHIES

REGULAR €5.45
LARGE €5.95

STRAWBERRY SWIRL

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Strawberry, Banana, 100% Apple Juice & Yoghurt

BERRY NICE

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Strawberries, Blueberries, Raspberries, Banana, 100% Apple Juice & Yoghurt

MANGO MANIA

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Mango, Pineapple, Banana, Mango Nectar & Yoghurt

TROPIC THUNDER

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Mango, Pineapple, Banana, Coconut, Mango Nectar, Coconut Milk & Yoghurt

RASPBERRY LEMON-AID

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Pineapple, Raspberry, Lemon, Pineapple Juice & Lemon Sorbet

SUMMER FRUIT SORBIE

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Strawberries, Blueberries, Raspberries, 100% Apple Juice & Strawberry Sorbet

FRESH JUICES

REGULAR €6.45
LARGE €6.75

BERRY RECOVERY

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Freshly Pressed Apples, Strawberries, Blueberries, Raspberries, Banana & Natural Yoghurt

STRAWBERRY ENERGY

Freshly Pressed Apples, Strawberries, Banana & Pear

HANGOVER BOOSTER

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Freshly Squeezed Orange, Banana, Strawberry, Mango, Natural Salts & Electrolytes & Natural Yoghurt

LEMON TWIST

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Freshly Pressed Apple, Lemon, Melon, Mint & Lemon Sorbet

MANDARIN DREAM

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Mandarin, Freshly Pressed Orange, Mango Nectar & Lemon Sorbet

DR'S DAILY

PRESCRIPTION
REGULAR €6.75
LARGE €6.95

THE LION THING

NEW 🥛 🌱

Raspberry, Raw Cacao, Banana, Dates, Lion's Mane Supplement Whey Protein, Coconut Milk & Vanilla Yoghurt

BETTER THAN BOTOX

NEW 🌱

Coconut Water, Celery, Cucumber, Apple, Lemon, Parsley, Honey & Collagen Supplement

GOLDEN GUT MILK

NEW 🥛

Turmeric, Pepper, Cinnamon, Probiotic Kefir, Mango, Honey, Coconut Milk & Freshly Pressed Orange Juice

ACAI POWER BREAKFAST

NEW 🥛 🌱

Acai, Blueberries, Strawberries, Banana, Probiotic Kefir, Almond Butter, Strawberry Sorbet & Coconut Milk

AVO SHAKE

NEW 🥛 🌱 🥄

Avocado, Banana, Spirulina, Vanilla Yoghurt, Honey & Vanilla Soy Milk

SUPER JUICES

REGULAR €6.45
LARGE €6.75

FLU FIGHTER

Freshly Squeezed Carrot, Apple, Orange & Ginger

RAW DETOX

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Whole Apple, Spinach, Avocado, Juiced Carrot, Lemon & Celery

FAT BURNER

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Freshly Pressed Apple, Celery, Lemon, Ginger & Pink Grapefruit

KING KALE

Kale, Whole Apple, Pineapple, Pear & Juiced Orange

ROOT RHYTHM

Freshly Pressed Beetroot, Apple, Ginger & Lemon

PROTEIN SHAKES

REGULAR €6.45
LARGE €6.95

PROTEIN CHARGE

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Banana, Peanut Butter, Milk, Natural Yoghurt & Whey Protein

NUTTIES & CREAM

NEW 🥛 🌱 🌱 🌱

Peanut Butter, Almond Butter, Banana, Milk, Vanilla Yoghurt Cookies & Cream Protein

ALMOND CHARGE

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Banana, Almond Butter, Almond Milk & Whey Protein

MANGO FEED

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Mango, Banana, Coconut Milk, Oats & Whey Protein

PURPLE POWER

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Blueberries, Strawberries, Oats, Strawberry Sorbet, Milk & Whey Protein

RAW PROTEIN CHARGE

🌱 🌱

Banana, Peanut Butter, Raw Cacao, Avocado, Dates, Chia, Flax, Hemp & Almond Milk

GREEN & MEAN

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Banana, Avocado, Spirulina, Spinach, Dates, Chia, Flax, Hemp, Pressed Ginger & Almond Milk

PROTEIN POWER UPS

VANILLA 🥛

CHOCOLATE 🥛

COOKIES & CREAM 🥛

CREATINE 🥄

VEGAN PEA 🥛 €1.50

POWER SHOTS

GINGER SHOT

Ginger, Apple & Lemon €1.95

TURMERIC SHOT

Honey, Turmeric Root, Ginger, Apple & Lime €2.50

DrJuice™

🥛 EGG	🌱 PEANUTS
🥛 MILK	🌱 CELERY
🥛 NUTS	🥄 SOY

IF YOU HAVE A FOOD ALLERGY OR SPECIAL DIETARY REQUIREMENTS, PLEASE INFORM A MEMBER OF STAFF OR ASK FOR MORE INFORMATION