



NUTRITIONAL INFO / JUICES

SMOOTHIES / 100ML REGULAR 500ML LARGE 600 ML	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 REGULAR 500ML LARGE 600 ML	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 REGULAR 500ML LARGE 600 ML	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 REGULAR 500ML LARGE 600 ML	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 REGULAR 500ML LARGE 600 ML	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   ENERGY /KCAL 62.3 | FAT 0.1
CARBS 14 | PROTEIN 1.3
Strawberry, Banana, 100% Apple Juice & Yoghurt

BERRY NICE   ENERGY /KCAL 62.3 | FAT 0.1 | CARBS 14 | PROTEIN 1.3
Strawberries, Blueberries, Raspberries, Banana, 100% Apple Juice & Yoghurt

MANGO MANIA   ENERGY /KCAL 68.5 | FAT 0.1 | CARBS 16 | PROTEIN 1.6
Mango, Pineapple, Banana, Mango Nectar & Yoghurt

TROPIC THUNDER   ENERGY /KCAL 67.9 | FAT 2.2
CARBS 10.7 | PROTEIN 1.5
Mango, Pineapple, Banana, Coconut, Mango Nectar, Coconut Milk & Yoghurt

RASPBERRY LEMON-AID  ENERGY /KCAL 62 | FAT 0.2
CARBS 14.5 | PROTEIN 0.4
Pineapple, Raspberry, Lemon, Pineapple Juice & Lemon Sorbet

SUMMER FRUIT SORBIE  ENERGY /KCAL 65.2 | FAT 0.1
CARBS 15.5 | PROTEIN 0.2
Strawberries, Blueberries, Raspberries, 100% Apple Juice & Strawberry Sorbet

FRESH JUICES

REGULAR €6.45

LARGE €6.75

BERRY RECOVERY   ENERGY /KCAL 65.2 | FAT 0.1
CARBS 15.5 | PROTEIN 1.1
Freshly Pressed Apples, Strawberries, Blueberries, Raspberries, Banana & Natural Yoghurt

STRAWBERRY ENERGY ENERGY /KCAL 49.1 | FAT 0.1
CARBS 11.1 | PROTEIN 0.5
Freshly Pressed Apples, Strawberries, Banana & Pear

HANGOVER BOOSTER   ENERGY /KCAL 65 | FAT 1.2
CARBS 12.3 | PROTEIN 0.9
Freshly Squeezed Orange, Banana, Strawberry, Mango, Natural Salts & Electrolytes & Natural Yoghurt

LEMON TWIST  ENERGY /KCAL 52.3 | FAT 0.1 | CARBS 13 | PROTEIN 0.1
Freshly Pressed Apple, Lemon, Melon, Mint & Lemon Sorbet

MANDARIN DREAM  ENERGY /KCAL 74.92 | FAT 0.2
CARBS 18.8 | PROTEIN 0.84
Mandarin, Freshly Pressed Orange, Mango Nectar & Lemon Sorbet

DR'S DAILY

REGULAR €6.75

LARGE €6.95

PRESCRIPTION

THE LION THING   ENERGY /KCAL 57.86 | FAT 1.25
CARBS 9.61 | PROTEIN 3.07
Raspberry, Raw Cacao, Banana, Dates, Lion's Mane Supplement Whey Protein, Coconut Milk & Vanilla Yoghurt

BETTER THAN BROTOX  ENERGY /KCAL 26.3 | FAT 0.06
CARBS 6.13 | PROTEIN 0.24
Coconut Water, Celery, Cucumber, Apple, Lemon, Parsley, Honey & Collagen Supplement

GOLDEN GUT MILK  ENERGY /KCAL 74.53 | FAT 0.61
CARBS 17.69 | PROTEIN 1.45
Turmeric, Pepper, Cinnamon, Probiotic Kefir, Mango, Honey, Coconut Milk & Freshly Pressed Orange Juice

ACAI POWER BREAKFAST   ENERGY /KCAL 61.98 | FAT 2.92
CARBS 8.32 | PROTEIN 1.2
Acai, Blueberries, Strawberries, Banana, Probiotic Kefir, Almond Butter, Strawberry Sorbet & Coconut Milk

AVO SHAKE    ENERGY /KCAL 69.05 | FAT 3.06
CARBS 9.21 | PROTEIN 2.52
Avocado, Banana, Spirulina, Vanilla Yoghurt, Honey & Vanilla Soy Milk

SUPER JUICES

REGULAR €6.45

LARGE €6.75

FLU FIGHTER ENERGY /KCAL 66.2 | FAT 0.2 | CARBS 15 | PROTEIN 0.5
Freshly Squeezed Carrot, Apple, Orange & Ginger

RAW DETOX  ENERGY /KCAL 58.6 | FAT 1.3 | CARBS 10.4 | PROTEIN 0.8
Whole Apple, Spinach, Avocado, Juiced Carrot, Lemon & Celery

FAT BURNER  ENERGY /KCAL 50.8 | FAT 0.1 | CARBS 12.2 | PROTEIN 0.4
Freshly Pressed Apple, Celery, Lemon, Ginger & Pink Grapefruit

KING KALE ENERGY /KCAL 62.5 | FAT 0.3 | CARBS 13.6 | PROTEIN 0.8
Kale, Whole Apple, Pineapple, Pear & Juiced Orange

ROOT RHYTHM ENERGY /KCAL 47.3 | FAT 0.1 | CARBS 10.2 | PROTEIN 0.4
Freshly Pressed Beetroot, Apple, Ginger & Lemon

PROTEIN SHAKES

REGULAR €6.45

LARGE €6.95

PROTEIN CHARGE   ENERGY /KCAL 128.4 | FAT 4.6 | CARBS 11.3 | PROTEIN 10.1
Banana, Peanut Butter, Milk, Natural Yoghurt & Whey Protein

NEW NUTTIES & CREAM     ENERGY /KCAL 99.4 | FAT 5.4 | CARBS 8.62 | PROTEIN 5.4
Peanut Butter, Almond Butter, Banana, Milk, Vanilla Yoghurt Cookies & Cream Protein

ALMOND CHARGE  ENERGY /KCAL 106.6 | FAT 5.3 | CARBS 5.6 | PROTEIN 8.4
Banana, Almond Butter, Almond Milk & Whey Protein

MANGO FEED  ENERGY /KCAL 83.4 | FAT 1.5 | CARBS 11 | PROTEIN 5.5
Mango, Banana, Coconut Milk, Oats & Whey Protein

PURPLE POWER   ENERGY /KCAL 87.9 | FAT 1.4 | CARBS 12.3 | PROTEIN 6.2
Blueberries, Strawberries, Oats, Strawberry Sorbet, Milk & Whey Protein

RAW PROTEIN CHARGE   ENERGY /KCAL 122.3 | FAT 6.7
CARBS 8.5 | PROTEIN 4.5
Banana, Peanut Butter, Raw Cacao, Avocado, Dates, Chia, Flax, Hemp & Almond Milk

GREEN & MEAN  ENERGY /KCAL 77.7 | FAT 3.5 | CARBS 7.9 | PROTEIN 2.2
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