

# Juices

## Fresh Juices

### Super Orange Booster

Orange, Carrot & Apple with a hint of Lemon

### Rise 'n' Shine

Pineapple, Orange & Watermelon

### Immunity Plus

Carrot, Pineapple & Orange

### Reviver Orange

Pineapple with a hint of Mint & Ginger

### Fruitful

Orange, Pineapple & Strawberry

## MYO Juice

Mix & match from the following fruits & vegetables  
(All freshly squeezed)

**Orange**

**Pineapple**

**Lemon**

**Carrot**

**Beetroot**

**Apple**

**Watermelon**

**Mint**

**Celery**

**Ginger**

All juices contain a small amount of ice to ensure they are chilled ready to drink unless otherwise requested.

we're fresh,  
**ARE YOU?**



# Smoothies

## Dairy Free Smoothies

### Refresher

Raspberries, Freshly Squeezed Watermelon & Apple Juice, with Lemon Sorbet & Ice

### Wrap It Fresh Delight

Mango & Passionfruit Pulp, Freshly Squeezed Apple, Orange & Pineapple Juice, with Neutral Sorbet & Ice

### Citrus Zinger

Passionfruit Pulp, Freshly Squeezed Orange & Lemon with Lemon Sorbet & Ice

### Fruit Patch

Passionfruit & Mango Pulp, Freshly Squeezed Pineapple Juice, Fresh Banana with Neutral Sorbet & Ice

### Berry Banana

Raspberries, Strawberries, Freshly Squeezed Orange Juice, Fresh Banana with Neutral Sorbet & Ice

## Dairy Based Smoothies

### 4 Berry's

Raspberries, Blueberries, Blackberries, Strawberries, Low Fat Frozen Yoghurt & Low Fat Milk.

### Banana Smoothie

Fresh Banana, Low Fat Frozen Yoghurt & Low Fat Milk  
Optional: Honey, Nutmeg, Cinnamon

### Lifter

Strawberries & Fresh Banana, Low Fat Frozen Yoghurt & Low Fat Milk

### Tropical Slice

Passionfruit Pulp, Freshly Squeezed Pineapple Juice, Lemon Sorbet & Low Fat Frozen Yoghurt

### Strawberry Delight

Mango Pulp, Strawberries, Low Fat Frozen Yoghurt & Low Fat Milk

Soy milk also available