SIGNATURES

ID joes identity	REG	LRG	GS green shield	REG	LRG	GM green mile	REG	LRG	HS hydration station	REG	LRG	FG feel good	REG	LRG	HT herb tonic	REG	LRG
ice	5	6	ice	5	6	ice	5	6	ice	5	6	ice	5	6	ice	5	6
spinach	12	12	spinach	12	12	avocado	1	2	coco wat	4oz	6oz	ginger	2	3	ginger	2	3
lemon	2	3	ginger	2	3	spinach	12	12	spinach	12	12	turmeric	1	2	turmeric	1	2
kale	2	3	kale	2	3	kiwi	2	3	ginger	2	3	lemon	2	3	pineapp.	2	3
celery	2	3	cucumber	1	2	lemon	2	3	lemon	2	3	carrot	10oz	12oz	carrot	10oz	12oz
cucumber	16oz	20oz	apple	16oz	20oz	apple	16oz	20oz	apple	16oz	20oz	apple	16oz	20oz	apple	16oz	20oz
olive oil			olive oil			olive oil			olive oil			olive oil			olive oil		

JUICE / SHOT

DOC go away doc	REG	LRG	SPORT sports juice	REG	LRG	POG prince of green	REG	LRG	GT green tonic	REG	LRG	T-UNIT turmeric shot	one size	G-UNIT ginger shot	one size
ice	5	6	ice	5	6	ice	5	6	ice	5	6	turmeric	1	ginger	2
ginger	2	3	passionfruit	1	2	lemon	2	3	celery	3	4	lemon	1	apple	half
carrot	10oz	12oz	pineapple	2	3	pineapple	3	4	kale	2	3	apple	half		
apple	16oz	20oz	apple	16oz	20oz	cucumber	16oz	20oz	cucumber	16oz	20oz				
olive oil			olive oil			olive oil			olive oil						

JUICE / SHAKE

STRESS stress down	REG	LRG	PMU pick me up	REG	LRG	IRON iron man	REG	LRG	HELL hell of a nerve	REG	LRG	P power shake	REG	LRG	AVO avo shake	REG	LRG
ice	4	5	ice	4	5	ice	4	5	ice	6	7	ice	6	7	ice	6	7
strawberry	6	7	strawberry	6	7	strawberry	6	7	strawberry	6	7	strawberry	6	7	avocao	2	3
ginger	2	3	banana	1	2	kiwi	2	3	banana	2	3	banana	1	2	banana	1	2
apple	16oz	20oz	apple	16oz	20oz	apple	16oz	20oz	elderflower	16oz	20oz	vanilla milk	16oz	20oz	vanilla milk	16oz	20oz
olive oil			olive oil			olive oil			olive oil								

SMOOTHIES

GUT trust your gut	REG	LRG	TN the nutty ALLERGY	REG	LRG	CF choco flex	REG	LRG	M.UP muscle up	REG	LRG	BB beets n berries	REG	LRG	BRAIN big brain energy	REG	LRG
ice	6	6	ice	10	12	ice	10	12	ice	10	12	ice	6	9	ice	10	12
kefir	8oz	12oz	banana	3	3	banana	3	3	date puree	1	1	strawberry	6	7	spinach	12	12
strawberry	6	7	date puree	1	1	date puree	1	1	cacao powd.	1	2	banana	3	3	banana	3	3
banana	1	2	almond swirl	4	6	protein powd.	2	3	creatine powd.	1	1	date puree	1	1	date puree	1	1
date puree	1	1	maca powd.	1	1	cacao powd.	2	3	protein powd.	4	5	beet powd.	1	2	matcha	60oz	80oz
fibre powd.	1	1	protein powd.	2	3	pea drink	16oz	18oz	pea drink	12oz	16oz	protein powd.	2	3	brain blend	1	1
beet powd.	2	3	pea drink	16oz	18oz							pea drink	16oz	18oz	pea drink	16oz	20oz
pea drink	16oz	20oz															

ADD ONS

spinach	8	avocado	1	banana	1	carrot	2		espresso	1		fibre powd.	1
kale	1	kiwi	1	pineapple	1	almond swirl	2	A	date puree	1		creatine powd.	1
cucumber	1	matcha	60oz	ginger	1	cacao powd.	1		protein powd.	1		brain blend	1
celery	1	strawberry	4	turmeric	1	beet powd.	1		apple	2		ice	2