

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

JUICE / SHOT	DOC go away doc			SPORT sports juice			POG prince of green			GT green tonic			T-UNIT turmeric shot		G-UNIT ginger shot	
	⚡	SML	REG		SML	REG	⚡	SML	REG	⚡	SML	REG	⚡	one size	⚡	one size
	ice	4	5	ice	4	5	ice	4	5	ice	4	5	turmeric	1	ginger	2
	ginger	1	2	passionfruit	1	1	lemon	1	2	celery	3	4	lemon	1	apple	half
	carrot	8oz	10oz	pineapple	1	2	pineapple	2	3	kale	2	3	apple	half		
	apple	12oz	16oz	apple	12oz	16oz	cucumber	12oz	16oz	cucumber	12oz	16oz				
	olive oil			olive oil			olive oil			olive oil						

JUICE / SHAKE	STRESS stress down			PMU pick me up			IRON iron man			HELL hell of a nerve			P power shake			AVO avo shake		
		SML	REG		SML	REG		SML	REG		SML	REG		SML	REG		SML	REG
	ice	3	4	ice	3	4	ice	3	4	ice	3	4	ice	5	6	ice	5	6
	strawberry	4	6	strawberry	4	6	strawberry	4	6	strawberry	4	6	strawberry	4	6	avocado	1	2
	ginger	1	2	banana	1	1	kiwi	1	2	banana	1	1	banana	1	1	banana	1	1
	apple	12oz	16oz	apple	12oz	16oz	apple	12oz	16oz	elderflower	12oz	16oz	vanilla milk	12oz	16oz	vanilla milk	12oz	16oz
	olive oil			olive oil			olive oil			olive oil								

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

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