

SHAKE IT UP
JUST JUICED
& SHOT O'CLOCK

FRESH JUICES

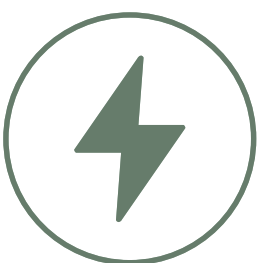
	Small	Regular
Solar Rush + Cordyceps 90 Kcal 	40	55
Orange, Carrot, Ginger, Lemon, Cordyceps		
Lumina Boost + Collagen 80 Kcal 	40	55
Blue Spirulina, Coconut Water, Pineapple Juice, Lime Juice, Collagen		
Beat The Odds + Ashwagandha 100 Kcal 	40	55
Beetroot, Carrot, Apple, Lemon, Ashwagandha		
Green Detox 60 Kcal 	35	50
Celery, Cucumber, Green Papaya, Apple, Lemon		
Glow Getter 85 Kcal 	35	50
Watermelon, Strawberry, Lemon		
Enzyme Cooler 75 Kcal 	35	50
Pineapple, Lemon, Ginger, Mint		

PROTEIN SHAKES

Rise & Grind + Cordyceps 310 Kcal 	50	65
Banana, Oat Milk, Espresso Shot, Vanilla Protein, Chia		
Power PB 420 Kcal 	45	60
Peanut Butter, Banana, Oat Milk, Whey Protein, Cinnamon		
Blush Booster + Collagen 280 Kcal 	50	65
Strawberry, Coconut Water, Banana, Honey, Peanut Butter, Collagen		
Choco Charge 350 Kcal 	45	60
Cocoa, Almond Butter, Banana, Chocolate Protein, Almond Milk		
Tropical Lift 290 Kcal 	45	60
Pineapple, Coconut Milk, Vanilla Protein, Touch of Lime		
Zen Greens + Ashwagandha 260 Kcal 	50	65
Spinach, Matcha, Coconut Milk, Banana, Pineapple, Avocado, Lemon, Honey		



RESTORE



REFUEL



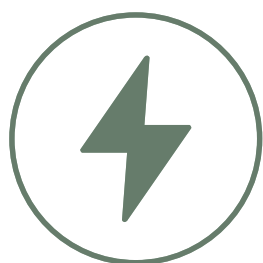
REFRESH

FUEL & FLOURISH

Blue Rush ^(V, D, G, N) 255 Kcal 	50
Greek Yogurt, Blue Spirulina, Blueberries, Mint, Granola, Dried Blueberries	
Dragon Rush ^(VG, DF, G, N) 298 Kcal 	50
Coconut Chia, Red Dragon Fruit, Pineapple, Granola, Pumpkin Seeds	
Grilled Chicken Wrap ^(D, G, SE) 359 Kcal 	80
Chicken, Avocado, Pickled Beetroot, Baby Spinach, Hummus, Protein Wrap	
Avocado Power Toast ^(VG) 385 Kcal 	80
Quinoa Bread, Smashed Avocado, Granola and Pomegranate	
Beetroot Gazpacho ^(VG, G) 145 Kcal 	50
Tomato, Cucumber, Red Bell Pepper, Coconut Water, Coriander	
Carrot Recovery Soup ^(V, GF, D) 185 Kcal 	50
Earl Grey White Tea, Ginger, Turmeric, Coriander	
Sunrise Egg Boost ^(V, E) 408 kcal 	80
Two Eggs Cooked Your Way Served with Avocado, Kale, Asparagus and Broccolini	
Power Seabass Grill ^(SF) 423 Kcal 	160
Grilled or Steamed Seabass Fillet with Lemon-Herb Quinoa, Steamed Broccoli, Light Avocado Drizzle	
Lean Chicken Fuel ^(GF) 410 Kcal 	140
Grilled Chicken Breast, Served with Roasted Sweet Potato and Asparagus, Pomegranate Dressing	
Green Power Pasta 455 Kcal 	95
Whole-Grain Penne Tossed with Sautéed Zucchini, Broccoli, Spinach, Cherry Tomatoes, Light Basil-Pesto Sauce	
Superfood Salad ^(VG, DF, E, MU) 342 Kcal 	80
Kale, Lentil, Chickpea, Kidney Beans, Edamame, Avocado, Sweet Potato, Hard Boiled Egg, Sunflower Seeds, Flaxseed, Sweet Potato Dressing	
Protein Add On	
Grilled Chicken 240 Kcal  Smoked Salmon ^(SF) 145 Kcal 	40
Poached Egg ^(E) 86 Kcal  Protein Bread Slice ^(N) 98 Kcal 	10



RESTORE



REFUEL



REFRESH

POWER BREWS

HOT BREWS

- Muscle Mocha | 160 Kcal** ⚡65
Double Espresso, Dark Chocolate, Oat Milk,
Double Chocolate Protein Powder
- Lean Latte | 100 Kcal** ❤️55
Double Ristretto, Skimmed Milk, Cinnamon, Honey
- Power Press | 160 Kcal** 🌿65
Espresso, Peanut Butter, Oat Milk, Honey, Collagen Booster
- Golden Boost | 160 Kcal** ❤️65
Fresh Milk, Tumeric, Honey, Mushroom Extract, Ashwagandha
- Rooibos Latte | 130 Kcal** 🌿60
Rooibos Tea, Fresh Milk, Honey, Mushroom Extract

COLD BREWS

- Cold Brew Tonic | 140 Kcal** ⚡55
12 Hour Cold Brew Coffee, Zero Sugar Tonic Water, Fresh Orange
- Green Power Pistachio | 150 Kcal** ⚡60
Matcha, Coconut Milk, Pistachio Paste, Honey
- Rooi Boss Iced Tea | 80 Kcal** ❤️60
Rooibos Tea, Stevia, Fresh Ginger, Cordyceps Extract
- Petal Potion | 70 Kcal** ❤️60
Hibiscus Tea, Lemon, Honey, Collagen Booster

BUILD YOUR OWN
POWER SHAKE

