

## RETOX

**BEAUTY & THE BEET** 14  
Ketel One Vodka, beetroot juice, thyme, honey, ginger, lime, egg white

**KA-CHING!** 16  
Don Julio Blanco infused with black pepper, pineapple juice, yuzu juice, lime juice, agave syrup, avocado, egg white, spicy raw cacao powder

**WHEN ROSE IS AWAY** 16  
Ketel One Vodka, Diplomatico blanco rum, triple sec, lemon juice, rose syrup, rose tea, lemongrass

## BEER

Heineken 6  
Seasonal Beer 7

## WINE

	gls	btl
Jean Leon 3055, Chardonnay, Penedes	6	34
Jean Leon 3055, Merlot-Petit Verdot, Penedes	6	34

## BUBBLY

Veuve Clicquot Yellow Label	16	90
Veuve Clicquot Rich	20	120
Dom Perignon Vintage		320

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## CRUNCH & BOWL

**HOMEMADE GRANOLA BAR** 5  
**HOMEMADE GRANOLA, WITH:** 9  
Milk / full fat / low fat / 0% fat

Almond milk  
Soy milk  
Yogurt / full fat / low fat / 0% fat  
Coconut yogurt  
Add seasonal fruits +5

**BEE COOL** 14  
Blended yogurt, coconut milk, honey and cinnamon  
Topped with banana, bee pollen, homemade granola, honey and cinnamon

**MR. ZEN** 14  
Blended almond milk, almond butter, avocado and spinach. Topped with blueberries, homemade granola, honey and raw cacao nibs

**PB&J** 14  
Blended almond milk, peanut butter, acai powder, banana and strawberries  
Topped with strawberries, goji berries, homemade granola, honey and chia seeds

## BOOSTERS

Enhance your bowls

Raw Breakfast Mix	4
Spirulina, cacao, acai, lucuma, hempseeds, maca	
Raw Sport Mix	4
Hemp protein, maca, guarana, cacao, spirulina, lucuma	
Raw Detox Mix	4
Chlorella, spirulina, wheatgrass, cacao, barley grass, lucuma	
Whey Protein	4
100% Whey protein concentrate	

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## SUPER BITES

**SUPER SALAD** 14  
Quinoa, goji berries, avocado, spinach, broccoli, pomegranate, walnuts, red wine vinegar & sesame oil dressing

**FEEL THE BEET** 14  
Beetroot, carrot, spinach, goat cheese, chia seeds, citrus vinaigrette

**V-ROLL** 14  
Rice spring roll, poached chicken, carrot, cucumber, mint, coriander, hoisin & spicy fish sauce dips

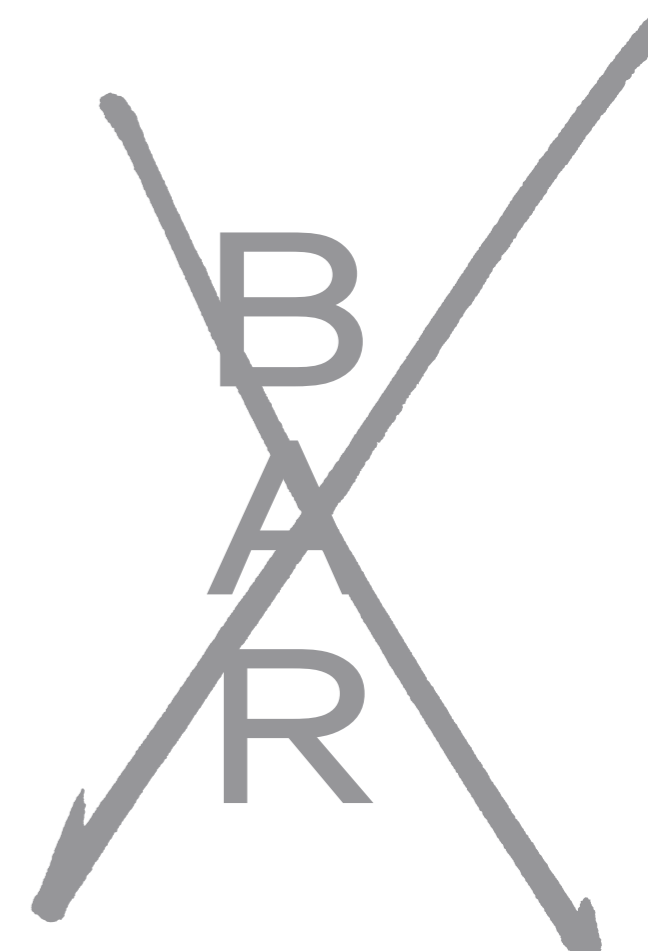
**WONDER BREAD** 14  
Spelt bread, smoked eel, avocado, red onion confit, watercress, herbs & yogurt dressing

## TREATS

**HOMEMADE CARROT CAKE** 9.5  
Honey marshmallow lemon topping (sugar & dairy free)

**WHITE SANGRIA JELL-O** 8  
Alcohol free, seasonal fruits

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DETOX  
RETOX  
REPEAT

## COLD PRESSED JUICES BY JUICE BROTHERS

420 ml

### FORCE OF NATURE

9.5

☰ Cucumber, celery, spinach, kale, parsley, lemon

✂ Detox, weight loss, increases vitality

### EASY GOING

9.5

☰ Apple, cucumber, spinach, celery, kale, lime

✂ Energizes, revitalizes, reduces blood pressure

### UNICORN'S BLOOD

9.5

☰ Watermelon, pineapple, ginger, lemon

✂ Immunity, detox, vitamin c, hydration

### DUTCH SPICE

9.5

☰ Pineapple, orange, grapefruit, carrot, turmeric, goji berries, cayenne

✂ Improves digestion, anti-inflammatory, morning booster

### DRAGON'S BREATH

9.5

☰ Pear, apple, carrot, grapefruit, beetroot, lemon, ginger

✂ Strengthens immunity, mood enhancer, energy booster

### GINGERADE (TONIC)

9.5

☰ Alkaline water, honey, lemon, lime, ginger, himalayan salt

✂ Immunity, antibacterial, digestion, respiratory health

## JUICE CLEANSE

1 Day - 7 Bottles (420ml)	58
3 Days - 21 Bottles (420ml)	168
5 Days - 35 Bottles (420ml)	280

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## BLENDS

### GREENHOUSE

9.5

☰ Coconut water, avocado, apple, celery, cucumber, spinach, ginger, lime

✂ Immunity, anti-inflammatory, anti-oxidant, weight loss

### TROPIC SPLASH

9.5

☰ Coconut water, coconut milk, pineapple, banana, lime, basil

✂ Rehydration, anti-ageing, metabolism, vitamin c, anti-inflammatory

### BERRY MUCH

9.5

☰ Yogurt, açai powder, strawberries, blueberries, goji berries, agave syrup

✂ Lower cholesterol, skincare, anti-inflammatory, brain booster

### THE MAYAN

9.5

☰ Almond milk, raw cacao powder, avocado, honey, mint

✂ Improve memory, weight loss, immunity, lower blood pressure, energy booster

Add whipped coconut cream + 0.5

## BOOSTERS

Enhance your blends

Raw Breakfast Mix 4

Spirulina, cacao, acai, lucuma, hempseeds, maca

Raw Sport Mix 4

Hemp protein, maca, guarana, cacao, spirulina, lucuma

Raw Detox Mix 4

Chlorella, spirulina, wheatgrass, cacao, barley grass, lucuma

Whey Protein 4

100% Whey protein concentrate

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## SHOTS

30 ml

### WHEATGRASS SHOT

5

☰ Wheatgrass

✂ Immunity, digestion, nutritional powerhouse

### GINGER SHOT

5

☰ Ginger

✂ Immunity, antibacterial

### FLU SHOT

5

☰ Alkaline water, lemon, lime, honey, ginger, vitamin c, cayenne, oregano oil

✂ Immunity, antimicrobial, respiratory health

### ENERGY SHOT

5

☰ Alkaline water, lemon, L-carnitine, green coffee bean, guarana, pomegranate, agave

✂ Energy, fat burner, skincare

## MYLKS

420 ml

### VANILLA SKY

9.5

☰ Almond milk, coconut sugar, vanilla powder, Himalayan salt

✂ Digestive health, protein rich, radiant and glowing skin

### MATCHA MORINGA MYLK

9.5

☰ Cashew milk, agave, lucuma, matcha powder, moringa powder, vanilla, cinnamon, cardamom, nutmeg, himalayan salt

✂ Mental clarity, immunity, detox

### CHOCOLATE MYLK

9.5

☰ Almond milk, coconut sugar, cacao powder, vanilla powder, Himalayan salt

✂ Increases energy, great source of anti-oxidants, protein rich

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## TEA BY APRIL TEA

Green	5
Black	5
Earl Grey	5
Jasmine Leaf	5
Chamomile	5
Ginger & Hibiscus	5
Fresh mint tea	5.5

## COFFEE BY BOCCA

Americano	4
Espresso	4
Double Espresso	6
Espresso Macchiato	5
Cappuccino	5
Latte Macchiato	5
Flat White	6.5
Hot & Raw Chocolate	6

## RE-FRESH

### WATER

Marie-Stella-Maris Still 25cl	4
Marie-Stella-Maris Still 75cl	8
Marie-Stella-Maris Sparkling 25cl	4
Marie-Stella-Maris Sparkling 75cl	8

### FRESHLY SQUEEZED

Orange Juice	6
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### SMART DRINKS BY KONNEKT

Focussing	5.5
Enhanced and prolonged concentration and alertness	
Enduring	5.5
Optimal performance and recovery after sports & fitness	
Relaxing	5.5
Relaxation, a happy feeling and good night sleep	

### SODA POP

Karma Cola	5.5
Gingerella Ginger	5.5
Lemony Lemonade	5.5

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