

JUICES

JUICES (1000ml)

\$20 USD

ALL GREEN

Cucumber, chayote, celery, spinach, kale, parsley, apple, tangerine and lemon.

Benefits: It cleanses and reduces intestinal inflammation, moisturizes, lowers cholesterol, strengthens the respiratory system, helps circulation, promotes the elimination of retained fluids.

CARROT TAN

Carrot, celery, curcuma, and ginger.

Benefits: It helps to improve skin, strengthens bones, protects against sun rays, high in vitamin A and antioxidants.

BEETJUICE

Beet, cucumber, carrot, celery, and lemon.

Benefits: It helps to make new blood, and provides vitamins and minerals; especially vitamin A, B complex, C, E and K, folates, potassium, phosphorus, magnesium, iodine and calcium, high in beta-carotene.

MELON MOJITO

Watermelon, melon, mint, cayenne pepper and a pinch of lime.

Benefits: It eliminates toxins, excess mucous, burns fat, stimulates circulation, light laxative. Great moisturizer, purifying effect, high in vitamin A, C and potassium. Good source of lycopene.

MINT LEMONADE (with honey, agave, stevia or brown sugar)

Lime, Cucumber, Peppermint with Chlorophyll or Spirulina.

Benefits: It improves iron absorption, prevents cellular aging, control hypertension. Antiseptic and antiparasitic, relieves muscle pain, improves colds and respiratory problems.

PARTY RECOVERY

Coconut water, beetroot, honey, strawberry, hemp seeds, and Vitamin B.

Benefits: It alkalizes the body, purifies and oxygenates the blood, reduces inflammation; high electrolytes, antioxidant, contains amino acids.

YELLOW JUICE

Pineapple, mango, orange and passion fruit.

Benefits: It helps fight cancer cells, and prevents urinary tract infections. Diuretic, high in potassium and other minerals, high in digestive enzymes.

BERRYLICIOUS

Strawberry, blackberry, blueberry, apple, orange, lemon.

Benefits: It helps regulate cholesterol, fights free radicals responsible for cell degeneration, and skin aging, antioxidants, high polyphenols, flavonoids and anthocyanins. It's rich in vitamin C, B and E, potassium, calcium, iron and phosphorus.

Price per 1000 ml

SMOOTHIES (1000ml)**\$20 USD****BANANA PUNCH**

Homemade almond milk, banana, cocoa nibs, coffee, cocoa powder.

Benefits: It provides energy, reduces the risk of cardiovascular diseases, cholesterol and triglyceride, PMS. Protects the liver, improves physical performance.

PROTEIN SHAKE

Homemade almond and Indian nut milk, chocolate, and peacock protein.

Benefits: It helps regenerate muscles and tissues, high micronutrients, enzymes, minerals, probiotics, and adaptogens that help lower stress.

Price per 1000 ml**SMOOTHIES (1000ML)****\$20 USD****CHUNKY MONKEY**

Homemade almond or coconut milk, cocoa, vanilla, homemade peanut or almond cream.

Benefits: It gives energy, prevents cognitive impairment, antioxidant, high micronutrients.

BERRY SMOOTH

Homemade almond or coconut milk, mango, strawberry, blackberry, blueberry, raspberry.

Benefits: It prevents cellular aging, takes care of the heart. High in vitamin C, B and E, and minerals.

Minimum order for Juices and Smoothies: 5 orders**T&G DETOX (1000ml)****\$25 USD**

Lemon, apple, ginger and turmeric.

Benefits: It regulates liver function, reduces chronic pain, protects against cancer, helps digestion, anti-inflammatory.

Orders with 3 DAYS minimum in advance