

Fruity & juicy
no forbidden fruit!

Zest up your body
and give it a kick...
Made to order, so its
just the way you
like it!

**100%
NATURAL**

- Orange juice**
Freshly squeezed orange juice.
- Apple juice**
Freshly pressed apple juice.
- Mix it up**
Orange and cranberry juice.
- Citrus morning**
Tangerines, pink grapefruit, oranges and liquid ginseng.
- Detoxifier**
Apples, pears, lime.
- Salad detox juice**
Celery, spinach, tomatoes, cabbage, dill, lemon.
- Detox plus**
Apple, celery, cucumber, lime.
- 5 a day**
Oranges, apples, carrots, celery sticks, beetroot and a detox booster.
- Wild berry**
Pineapple, apple, raspberries, strawberries & blueberries and Energiser plus booster.
- Energiser juice**
Orange, strawberries, banana and energiser plus booster.
- Kidney cleanser**
Apples and watermelon.
- Rise and shine**
Oranges, grapefruit, papaya, ginger.

Be brave & make your own!

Dr. Zest

Pick your favourites from the list, we will make it for you.
Don't forget to add a **Booster** of your choice!

- | | | |
|------------|--------------|-----------|
| Orange | Strawberries | Banana |
| Apples | Blueberries | Carrot |
| Watermelon | Raspberry | Pineapple |
| Lemon | Ginger | Celery |

Smoothies
smoother than smooth...

- Smooth banana**
Milk, honey and banana.
- Tango with mango**
Mango & raspberry, low fat frozen yoghurt, choice of orange or apple juice.
- Power shake**
Choice of berries, mango, banana, papaya, peach, apricot, melon or kiwi with low fat yoghurt, almond, honey, wheat gram and cinnamon with either orange or apple juice.
- The C smoothie**
Watermelon, cantaloupe, strawberries, low fat yoghurt.
- Melon madness**
Watermelon, honeydew melon, limes, vanilla low-fat yoghurt.

Boosters
add to shake up your juice!

- Energiser**
Chlorella, maca, hemp protein, wheatgrass, korean ginseng, goji, artichoke.
- Protein kick**
Hemp protein, brown rice protein, maca, pea protein, goji, wheatgrass, chlorella.
- Detox**
Chlorella, barleygrass, sprouted flax seeds, inulin, aloe vera, artichoke, grape seed and purple corn.
- Immunity**
Acai, blueberry, cranberry, camu camu, korean ginseng, goji, purple corn, reishi and ginkgo biloba.

The hot list
drink hot, keep cool!

- Chai latte**
Tea with exotic spices made with either semi-skimmed or skimmed milk.
- Hot chocolate**
Low calorie hot chocolate with smooth indulging milk chocolate.
- Hot caramel**
Low calorie hot chocolate with smooth indulging caramel.
- English tea**
Choose from our wide selection of traditional English tea.
- Fruit infused tea**
Choose from our delicious range of fruit infused tea.

