



**GARDEN KITCHEN**

## COLD - PRESSED JUICES

A quick detoxifying boost

---

### GREEN JUICE

cucumber, fennel, kale, lemon, mint,  
sea salt

small 2.50 | medium 3.50 | large 5.00

## SMOOTHIES

Packed full of goodness

---

### CHAMPION 6.00

*rebuild:* almond milk, banana, grass-fed  
vanilla whey protein, almond butter, raw  
cacao, cinnamon

add espresso for the Super Champ 6.50

### WARRIOR ONE 5.00

*revitalise:* almond milk, coconut milk,  
banana, hemp protein, kale, sea salt

### BERRY GOOD: 5.00

*relax & reward:* oat milk, cold-pressed apple  
juice, strawberries, organic baobab powder

### SUPER GREEN: 5.00

*re-energise:* Garden Kitchen cold-pressed Green  
Juice, fresh pineapple, ginger, moringa