

BREAKFAST

CHIA BOWLS €4,50

COCONUT PURÉE CHIA BOWL
CHIA SEEDS FLAVOURED WITH SOY & COCONUT MILK, COCONUT FLAKES & COCONUT PURÉE

RASPBERRY & ACAI CHIA BOWL
CHIA SEEDS FLAVOURED WITH SOY & COCONUT MILK, RASPBERRY & ACAI PURÉE

MANGO & ACEROLA CHIA BOWL
CHIA SEEDS FLAVOURED WITH SOY & COCONUT MILK, MANGO & ACEROLA PURÉE

BLACKBERRY & CASSIS CHIA BOWL
CHIA SEEDS FLAVOURED WITH SOY & COCONUT MILK, BLACKBERRY & CASSIS PURÉE

HIGH ENERGY NUTMIX CHIA BOWL
CHIA SEEDS FLAVOURED WITH SOY & COCONUT MILK, CASHEW, PUMPKIN SEEDS, MULBERRIES & GOJI BERRIES MIX

* SEASONAL SPECIAL: CHOOSE A FRESH MIXED BERRIES OR PHYSALIS MARACUYA TOPPING +€1,50 *

YOGHURT BOWLS €4,50

RAW COCOA YOGHURT BOWL
CREAMY SOY YOGHURT WITH DRIED DATES, FIGS & RAW COCOA

ACAI BERRIES YOGHURT BOWL
CREAMY SOY YOGHURT WITH ACAI BERRIES & AGAVE

COCONUT YOGHURT BOWL
CREAMY SOY YOGHURT WITH COCONUT FLESH, COCONUT FLAKES & AGAVE

*CHOOSE BETWEEN A NUTS OR GLUTENFREE GRANOLA TOPPING

BIRCHER MUESLI BOWLS €4,50

PLAIN BIRCHER MUESLI BOWL
OATMEAL MADE WITH SOY MILK, LINSEEDS, PUMPKIN SEEDS, DRIED FIGS, DATES, APRICOTS & CRANBERRIES

RASPBERRY & ACAI BIRCHER MUESLI BOWL
OATMEAL MADE WITH SOY MILK, LINSEEDS, PUMPKIN SEEDS, DRIED FIGS, DATES, APRICOTS & CRANBERRIES WITH A RASPBERRY & ACAI PURÉE

MANGO & ACEROLA BIRCHER MUESLI BOWL
OATMEAL MADE WITH SOY MILK, LINSEEDS, PUMPKIN SEEDS, DRIED FIGS, DATES, APRICOTS & CRANBERRIES WITH A MANGO & ACEROLA PURÉE

BLACKBERRY & CASSIS BIRCHER MUESLI BOWL
OATMEAL MADE WITH SOY MILK, LINSEEDS, PUMPKIN SEEDS, DRIED FIGS, DATES, APRICOTS & CRANBERRIES WITH A BLACKBERRY & CASSIS PURÉE

HIGH ENERGY NUTMIX BIRCHER MUESLI BOWL
OATMEAL MADE WITH SOY MILK, LINSEEDS, PUMPKIN SEEDS, DRIED FIGS, DATES, APRICOTS & CRANBERRIES WITH A CASHEW, PUMPKIN SEEDS, MULBERRIES & GOJI MIX TOPPING

* SEASONAL SPECIAL: CHOOSE A FRESH MIXED BERRIES OR PHYSALIS MARACUYA TOPPING +€1,50 *

SMOOTHIE BOWLS € 7,50

(A THICKER CONSISTENCY SMOOTHIE SERVED IN A BOWL & GARNISHED)

ACAI SMOOTHIE BOWL
100% BRAZILIAN ACAI PURÉE, BANANA, AGAVE

ACEROLA MANGO SMOOTHIE BOWL
100% BRAZILIAN ACEROLA PURÉE, BANANA, COCONUT MILK, AGAVE

GREEN MATCHA SMOOTHIE BOWL
MANGO, SPINACH, COCONUT MILK, MATCHA, AGAVE

RAW COCOA SMOOTHIE BOWL
RAW COCOA POWDER, BANANA, AVOCADO, COCONUT MILK, AGAVE

LUNCH

GLUTENFREE BUCKWHEATFLOUR SANDWICHES

€3,50 - €5,50

CREAMY CREAM CHEESE SANDWICH € 3,50 (VEGETARIAN)
 CREAM CHEESE & RAW GREENS

AVOCADO & TOMATO SANDWICH € 4,50 (VEGAN)
 AVOCADO, TOMATO / CASHEW PESTO & RAW GREENS

HUMMUS SANDWICH € 4,50 (VEGAN)
 HOMEMADE HUMMUS & RAW GREENS

GOAT CHEESE SANDWICH € 5,50 (VEGETARIAN)
 GOAT CHEESE, PEAR, FIG MUSTARD & RAW GREENS

SUPERFOOD SALADS

€7,00

ENERGIZING SALAD
 MIXED SALAD WITH AVOCADO, BROCCOLI, CHERRY TOMATOS, RADISHES, CARROTS, FENNEL, PUMPKIN & BLACK RICE

DETOX SALAD
 BABY SPINACH LEAVES WITH GREEN ASPARAGUS, GREEN BEANS, BROCCOLI, EDAMAME, FENNEL, POMEGRANATE SEEDS & QUINOA

HIGH PROTEIN SALAD
 MIXED SALAD WITH CHICKPEAS, BLACK BEANS, BROCCOLI, AVOCADO, CHERRY TOMATOS, PUMPKIN SEEDS & QUINOA

ANTIOXIDANT SALAD
 BABY SPINACH LEAVES WITH BLUEBERRIES, GOJI BERRIES, BROCCOLI, BEET ROOT, EDAMAME, PUMPKIN SEEDS & QUINOA

ASIAN ENERGIZING SALAD
 BABYSPINACH LEAVES WITH ZUCCHINI & CARROT SPIRELLI, GREEN ASPARAGUS, EDAMAME, RADDICHIO, CASHEWS, BLACK QUINOA, BLACK RICE,
 CASHEWS, RED PEPPERONI, LIME & CILANTRO

DRESSING OPTIONS:

LEMON & OLIVE OIL VINAIGRETTE – LEMON, COLD-PRESSED OLIVE OIL, FLEUR DE SEL & BLACK GROUND PEPPER

POMEGRANATE – POMEGRANATE SEEDS, COLD-PRESSED OLIVE OIL, APPLE VINEGAR, FLEUR DE SEL & BLACK GROUND PEPPER

CASHEW, SOY & SESAME – CASHEWS, SOY SAUCE, FLEUR DE SEL, BLACK GROUND PEPPER, BLACK & WHITE SESAME

TAHINI, LEMON & SOY YOGHURT DRESSING – TAHINI SESAME PASTE, LEMON JUICE, SOY CREAM, FLEUR DE SEL & BLACK GROUND PEPPER

SOUP OF THE DAY

€5,50

OUR SOUPS ARE 100% VEGAN
 PLEASE SEE OUR BLACK BOARD OR ASK OUR STAFF

COLD-PRESSED JUICES & SMOOTHIES

COLD-PRESSED JUICES €4,50

GREEN HULK
CELERY, CUCUMBER, KALE, SPINACH, WHEATGRASS, CHARD & GINGER

TROPICAL LIME
PINEAPPLE, GREEN APPLE, LIME & MINT

CITRUS4
POMELO, PINK GRAPEFRUIT, LEMON & LIME

ORANGE BOOST
SWEET POTATO, ACEROLA, CARROT, ORANGE, APPLE & LIME

RED DEVIL
BEET ROOT, ORANGE, APPLE, CARROT, GINGER, LIME & ACAI

RED VELVET
STRAWBERRIES, WATERMELON, APPLE & LIME

BLACK DEVIL
ACTIVATED CHARCOAL, APPLE, LEMON, GINGER, LIME & MINT

SHOTS €3,50

GINGER & LEMON SHOT / TURMERIC & GRAPEFRUIT SHOT / ACAI & ARONIA SHOT / ALOE VERA & COCONUT WATER SHOT

NUTMILKS €4,50

CASHEW MILK / COCONUT MILK

GREEN SUPERFOOD SMOOTHIES €6,50

ORANGE KALE SMOOTHIE
ORANGES, KALE, BANANA, MATCHA, AGAVE & CHIA SEEDS

KALE PEAR SMOOTHIE
PEAR, KALE, BANANA, MATCHA, AGAVE & CHIA SEEDS

GREEN EXTREME DETOX SMOOTHIE
KALE, SPINACH, APPLE, GINGER, AGAVE & CHIA SEEDS

GREEN SUPREME DETOX SMOOTHIE
KALE, SPINACH, CUCUMBER, WHEATGRASS, LEMON, GINGER & CHIA SEEDS

GREEN HULK SMOOTHIE
KALE, SPINACH, CELERY, CHLORELLA, LEMON, GINGER & CHIA SEEDS

TROPICAL GREEN SMOOTHIE
PINEAPPLE, BANANA, SPINACH, LEMON JUICE, MATCHA, AGAVE & CHIA SEEDS

COCONUT MANGO SMOOTHIE
MANGO, COCONUT MILK & FLAKES, SPINACH, COCONUT CREAM, AGAVE & CHIA SEEDS

CREAMY AVOCADO SMOOTHIE
AVOCADO, SPINACH, BANANA, COCONUT CREAM & CHIA SEEDS

BREAKFAST SMOOTHIES €6,50

BERRY BREAKFAST SMOOTHIE
 APPLE, BANANA, RASPBERRIES, STRAWBERRIES, SPINACH, OATMEAL, COCONUT CREAM, ACAI, AGAVE & CHIA SEEDS

COCOA BREAKFAST SMOOTHIE
 DRIED DATES, AVOCADO, BANANAS, COCOA POWDER, OATMEAL, COCONUT CREAM, MACA, AGAVE & CHIA SEEDS

SUPERFOOD FRUIT SMOOTHIES €5,50 - €6,50

BLUEBERRY SMOOTHIE € 5,50
 BLUEBERRIES, BANANA, ACAI, AGAVE & CHIA SEEDS

STRAWBERRY SMOOTHIE € 5,50
 STRAWBERRIES, BANANA, SPINACH, ACAI, AGAVE & CHIA SEEDS

RASPBERRY SMOOTHIE € 5,50
 RASPBERRIES, BANANA, SPINACH, ACAI, AGAVE & CHIA SEEDS

MANGO PASSIONFRUIT € 6,50
 MANGO, PASSION FRUIT, BANANA, COCONUT CREAM, MATCHA & CHIA SEEDS

WATERMELON & MINT SMOOTHIE € 5,50
 WATERMELON, MINT, CHIA & STRAWBERRIES

REFRESHMENTS €3,50 - €4,00

FATBURNER €3,50
 LEMON JUICE, CAYENNE PEPPER & GRADE A MAPLE SIRUP

GINGERADE €3,50
 GINGER JUICE, LEMON JUICE, AGAVE

LEMONADE €3,50
 LEMON JUICE, LEMON HALVES, FILTERED WATER, AGAVE

DETOX WATER €3,50
 CUCUMBER, GINGER, MINT

MATCHA & MINT ICED TEA €3,50
 MATCHA GREEN TEA, FILTERED WATER, FRESH MINT & AGAVE

COCONUT WATER BY MICHELBERGER €4,00

COFFEE & HOT BEVERAGES PLEASE SEE OUR BLACKBOARD

OUR COLD-PRESSED JUICES

„GREEN HULK“

TASTE: VERY VEGGIE

INGREDIENTS: CELERY, CUCUMBER, KALE, SPINACH, WHEATGRASS, CHARD & GINGER

HEALTH BENEFIT: DETOXING & ANTISEPTIC

EST. CALORIES (KCAL) PER BOTTLE (263ML): 70 KCAL

„TROPICAL LIME“

TASTE: REFRESHING, SLIGHTLY SOUR, LIME

INGREDIENTS: PINEAPPLE, GREEN APPLE, LIME & MINT

HEALTH BENEFIT: CLEANSING, DETOXING, PURIFYING

ESTIMATED CALORIES (KCAL) PER BOTTLE (263ML): 80 KCAL

„CITRUS4“

TASTE: SOUR & REFRESHING

INGREDIENTS: POMELO, PINK GRAPEFRUIT, LEMON & LIME

HEALTH BENEFIT: CLEANSING, VITAMIN C BOOSTER

ESTIMATED CALORIES (KCAL) PER BOTTLE (263ML): 65 KCAL

„ORANGE BOOST“

TASTE: MILD & VELVETY

INGREDIENTS: SWEET POTATO, ACEROLA, CARROT, ORANGE, APPLE & LIME

HEALTH BENEFIT: VITAMIN C BOOSTER, IMMUNE SYSTEM STRENGTHENING

ESTIMATED CALORIES (KCAL) PER BOTTLE (263ML): 88 KCAL

„RED DEVIL“

TASTE: BEET ROOT & VELVETY

INGREDIENTS: BEET ROOT, ORANGE, APPLE, CARROT, GINGER, LIME & ACAI

HEALTH BENEFIT: LIVER CLEANSING, ANTISEPTIC, IMMUNE SYSTEM STRENGTHENING

ESTIMATED CALORIES (KCAL) PER BOTTLE (263ML): 93 KCAL

„RED VELVET“

TASTE: SWEET WATERMELON & MILD

INGREDIENTS: STRAWBERRIES, WATERMELON, APPLE & LIME

HEALTH BENEFIT:

ESTIMATED CALORIES (KCAL) PER BOTTLE (263ML): 76 KCAL

„BLACK DEVIL“

TASTE: GINGER, MILD- SLIGHTLY SOUR

INGREDIENTS: ACTIVATED CHARCOAL, APPLE, LEMON, GINGER, LIME & MINT

HEALTH BENEFIT:

ESTIMATED CALORIES (KCAL) PER BOTTLE (263ML): 74 KCAL

WHY COLDPRESSED?

Cold-Pressed Juices are a pure, unaltered and super-convenient way to incorporate unprocessed and natural vitamins, minerals and nutrients into our diets, helping us achieve balance in our daily lives.

Cold-press maintains the integrity of all raw fruit and vegetables as they are pressed, not blended.

There are 2 types of juicing methods, Cold-Pressed and Centrifugal.

During centrifugal juicing, a high-speed rotating blade draws juice out of fruit and vegetables. This blade spins at such fast speeds that the friction produced between the blade and fruit and vegetables subsequently heats up the extracted juice.

Natural enzymes, bacteria, minerals and vitamins, present within the fruit and vegetables are all heat sensitive. This exposure to heat denatures all of the above and renders them inactive, meaning your juice is no longer providing you with all the health benefits that fruit and vegetables do.

During cold-pressed juicing, the produce is cooled to below 3°C before juicing begins. The produce is then carefully inspected and prepared before pressure is slowly applied, to press the juice out of our fruit and vegetables.

This method never heats juice to above this 3 degrees, ensuring all of our products resemble the raw fruit and vegetables in their natural state, with naturally high levels of vitamins, enzymes, minerals and nutrients.

Our juices are triple filtered. No added water. No preservatives. No pasteurization. No HPP.

Enjoy your juice !