

acanteen



FRUIT JUICES & SMOOTHIES

BRUNCH BERRY SMOOTHIE

Yogurt, muesli, banana & apple juice

OAP

Oranges, apples & pears

VERRYBERRYNICE

Apples, banana & blended berries

VITALIZOR

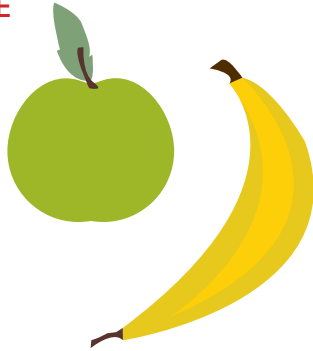
Pineapple, mango, passion fruit, oranges

SOOTHER

Oranges, kiwi, ginger, mango

CRANBERRY CRUSH

Cranberry juice, fresh berries & oranges



WHEATGRASS

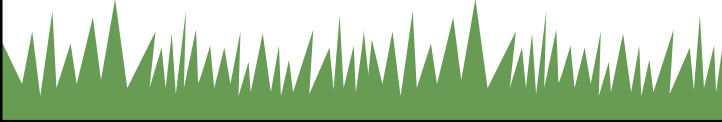
the facts

Wheatgrass is a great superfood as it has exceptional nutritional properties. Wheatgrass juice is a powerful detoxifier and really does seem to make the body more able to heal itself. Some swear by it for increasing vitality and resisting disease.

A single shot of wheatgrass = 1/2 kilo of green vegetables. This is your '5' a day in 1 shot!

Wheatgrass is 25% protein; a higher percentage than in meat, fish, eggs, and dairy products, or beans.

It has seven times as much vitamin C than oranges.



Juice MENU



VEGETABLE & FRUIT JUICES

VITAMIN C ZINGER SMOOTHIE

Oranges, lemon, lime & banana

IMMUNE BOOSTER

Beetroot, carrot, apple, watercress & ginger
Add wheatgrass superfood shot £1.00

SUPERFOOD DETOX

Wheatgrass single shot, celery, carrot, apple & ginger

SWEETGRASS SUPERFOOD

Orange, apple juice & doubleshot of wheatgrass

DETOX

Carrot, apple, celery, & ginger

CARROT BLEND

Carrots, apple & ginger



BOOSTERS

WheatGrass power cleanse bo

Single shot £1.00

Double shot £1.60

Ginger defence boost 50p

Watercress iron boost 50p

Beetroot (aids digestion & skincare) 50p

Vitamin C boost (fresh lemon & lime) 50p



Large £3.00

Regular £2.50