



MENU	INGREDIENTS (Allergens in bold)
KOMBUCHA	Filtered Water, Raw Cane Sugar, Green Chun-Mee Tea, Kombucha culture
RASPBERRY & ELDERFLOWER KOMBUCHA	Filtered Water, Raw Cane Sugar, Loose Leaf Green Tea, Raspberry Leaf, Elderflower, Hibiscus, Nettle, Kombucha culture, Natural Flavouring,
CACAO LECHE	Spring Water, Almonds (Nuts) , Medjool Dates, Raw Cacao, Sunflower Oil, Himalayan salt
ESPRESSO LECHE	Spring Water, Almonds (Nuts) , Rice, Medjool Dates, Coffee, Vanilla Bean, Sunflower Oil, Himalayan salt
VANILLA LECHE	Spring Water, Almonds (Nuts) , Rice, Medjool Dates, Vanilla Bean, Sunflower Oil, Himalayan Salt
GARDEN 2	Beetroot, Apple, Lemon, Ginger
GREENHOUSE 1	Kale, Spinach, Celery , Romaine Lettuce, Cucumber, Apple, Lemon
GREENHOUSE 3	Kale, Spinach, Celery , Romaine Lettuce, Cucumber, Ginger, Lemon
GREENHOUSE 5	Kale, Spinach, Romaine Lettuce, Cucumber, Apple, Tangerine, Jalapeño
GROVE 3	Orange, Lemon, Tangerine, Grapefruit, Turmeric, Cayenne, Black Pepper
ORCHARD 1	Strawberry, Apple, Lemon, Mint
ORCHARD 2	Apple, Lemon, Ginger
ORCHARD 3	Strawberry, Apple, Coconut
CLEAN CARROT	Orange, Carrot, Apple, Ginger
GINGER SUPER SHOT	Orange Juice, Lemon Juice, Ginger Juice, Cayenne Powder, Garlic Juice, Oregano Powder
TURMERIC SUPER SHOT	Pineapple Juice, Turmeric Juice, Lemon Juice, Black Pepper
BERRY RECOVERY SHAKE	Coconut Milk, Orchard 1, Banana, Almond Butter (Nuts) , Mixed berries, Cacao Nibs, Pea Protein(28g)
BREAKFAST SHAKE	Coconut Yoghurt, Oats , Blackberries, Raspberries, Strawberries, Redcurrants, Blueberries, Blackcurrants, Almond Butter, Banana, Granola, Almond Milk
AÇAÍ ANTIOXIDANT SHAKE	Chia Water, Orange, Mixed Berries, Banana, Goji Berries, Açai
GREEN GUARDIAN SHAKE	Coconut Water, Kale, Spinach, Courgette, Avocado, Spirulina, Ginger, Kiwi, Lemon
GLOW BIG OR GLOW HOME SHAKE	Coconut Water, Mango, Pitaya, Kiwi, Lime, Tofu (Silken Tofu (filtered water, soya beans, isolated soy protein, acidity regulator (glucono-delta-lactone)
MANGONIFICENT SHAKE	Coconut Milk, Mango, Tofu (Silken Tofu (filtered water, soya beans, isolated soy protein, acidity regulator (glucono-delta-lactone), Turmeric, Ginger, Lemon
ESPRESSO YOURSELF SHAKE	Almond milk (Nuts) , Banana, Almond Butter (Nuts) , Espresso Beans, Cacao Nibs, Cinnamon
MEAN LEAN GREEN SHAKE	Coconut Water, Tofu (Silken Tofu (filtered water, soya beans, isolated soy protein, acidity regulator (glucono-delta-lactone), Kale, Spinach, Avocado, Lemon, Broccoli Sprouts.
MINT CHOC-CHARCOAL SHAKE	Almond milk (Nuts) , Banana, Peanut Butter , Cacao Nibs, Peppermint, Moringa, Activated Charcoal
MATCHA MADE IN HEAVEN SHAKE	Almond milk (Nuts) , Gluten-Free Oats, Avocado, Matcha, Cinnamon.
WARRIOR SHAKE	Almond milk (Nuts) , Banana, Peanut Butter , Hemp Seeds, Baobab, Pea Protein (28g)
CHARCOAL LEMONADE	Water, Lemon Juice, Agave Syrup, Lavender Powder, Activated Charcoal
BLUE SPIRULINA LEMONADE	Water, Lemon Juice, Agave Syrup, Fytoblue Powder (Blue Spirulina)



MENU	INGREDIENTS (Allergens in bold)
AÇAÍ BOWL	Açaí Berry, Orchard 1, Banana, Raw Granola (Gluten-Free Oats, Rapeseed Oil, Desiccated Coconut, Fructose, Black Treacle, Chicory Fibre, Cashew Nut (Nuts) , Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Almond (Nuts) , Walnuts (Nuts) , Hazelnuts (Nuts)), Goji Berries, Desiccated Coconut
PITAYA BOWL	Pitaya, Orchard 1, Banana, Raw Granola (Gluten-Free Oats, Rapeseed Oil, Desiccated Coconut, Fructose, Black Treacle, Chicory Fibre, Cashew Nut (Nuts) , Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Almond (Nuts) , Walnuts (Nuts) , Hazelnuts (Nuts)), Goji Berries, Desiccated Coconut
CHIA BOWL	Chia Seeds, Almond Milk (Nuts) , Raw Granola (Gluten-Free Oats, Rapeseed Oil, Desiccated Coconut, Fructose, Black Treacle, Chicory Fibre, Cashew Nut (Nuts) , Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Almonds (Nuts) , Walnuts (Nuts) , Hazelnuts (Nuts)), Goji Berries, Cacao Nibs
IMMUNITY BOTTLED SMOOTHIE	Apple, Banana, Orange, Avocado, Lemon, Ginger, Turmeric, Black pepper, Cayenne, Ascorbic Acid (Vitamin C)
SUPERGREENS BOTTLED SMOOTHIE	Banana, Apple, Cucumber, Spinach, Romaine Lettuce, Avocado, Lemon, Guarana, Jalapeño, Moringa, Ascorbic Acid (Vitamin C)
BERRY RECOVERY BOTTLED SMOOTHIE	Apple, Banana, Coconut Water, Strawberry, Blueberry, Coconut Milk, Raspberry, Lime, Ascorbic Acid (Vitamin C)
MIGHTY MANGO SLICES	Mango
TOP BANANA BITES	Bogoya Bananas
CACAO & MATCHA ENERGY BAR	Oats , Rice Syrup, Cacao Nibs, Cashew Nuts (Nuts) , Pea Protein Crisps (Pea Protein, Rice Flour), Sunflower Seeds, Coconut Oil, Cacao Powder, Matcha Green Tea Powder, Sea Salt, Almond Oil (Nuts) .
PINEAPPLE & GOJI ENERGY BAR	Dried Pineapple, Gluten Free Oats, Rice Syrup, Cashew Nuts (Nuts) , Honey, Goji Berries, Almond Oil (Nuts) .
RASPBERRY & CASHEW ENERGY BAR	Rice Syrup, Almonds (Nuts) , Cashew Nuts (Nuts) , Dates, Cocoa Butter, Maca Powder, Gluten Free Oats, Dried Raspberry, Almond Oil (Nuts) .
CHICKPEAS & BARLEY CHUNKY BROTH	Water, Onion, Chickpeas (4.1%), Black Beans, Cannellini Beans, Barley (3.3%), Red Quinoa, Garlic Puree, Kale (2.5%), Spinach, Vegetable Stock (chicory extract, carrot extract, onion powder, tomato powder, salt, yeast extracts, sunflower oil, natural flavouring), Rapeseed Oil, Lemon Juice, Flax Seeds (0.25%), Salt, Red Chilli, Ground Cumin, Black Pepper.
BARLEY MISO VEGETABLE BROTH	Water, Vegetable Stock (chicory extract, carrot extract, onion powder, tomato powder, salt, yeast extracts, sunflower oil, natural flavouring), Barley Miso (0.7%) (soya beans, barley , sea salt, water), ginger (0.58%), Lemongrass, Apple Cider Vinegar (0.27%), Red Chilli, Salt.
KALE & NORWEGIAN KELP SOUP	Water, Spinach (15.5%), Kale (9%), Silken Tofu (water, soya beans*, firming agent: nigari (magnesium chloride)), Broccoli, Onion, Garlic, Vegetable Stock (chicory extract, carrot extract, onion powder, tomato powder, salt, yeast extracts, sunflower oil, natural flavouring), Cornflour, Salt, Black Pepper, Kelp Seaweed (0.12%), Basil, Black Garlic, Turmeric. *organic ingredients
SWEET POTATO & TURMERIC SOUP	Water, Sweet Potato (23%), Carrot (13%), Onion, Ginger, Rapeseed Oil, Garlic, Vegetable Stock (chicory extract, carrot extract, onion powder, tomato powder, salt, yeast extracts, sunflower oil, natural flavouring), Turmeric, Salt, Cumin, Thyme, Black Pepper, Cayenne.
CREAMY ROAST TOMATO SOUP	Water, Tomatoes (24%), Onion, Carrot, Coconut Milk, Silken Tofu (2.6%) (Water, soya beans*, firming agent: nigari (magnesium chloride)), Red Quinoa (2.4%), Tomato Puree, Rapeseed Oil, Vegetable Stock (chicory extract, carrot extract, onion powder, tomato powder, salt, yeast extracts, sunflower oil, natural flavouring), Garlic, Basil, Chilli, Salt, Turmeric, Black Pepper. *organic ingredients



MENU	INGREDIENTS (Allergens in bold)
KALE CEASAR	Mixed Leaf Salad (frisée lettuce, lollo rosso, baby red chard, green oak leaf), Quinoa, Broccoli, Edamame, Kale, Avocado, Mixed Seeds (golden linseed, brown linseed, millet, sunflower seeds, pumpkin seeds)
PURPLE POWER BOWL	Mixed Leaf Salad (frisée lettuce, lollo rosso, baby red chard, green oak leaf), Black Beans, Red Cabbage, Beetroot, Cherry Tomatoes, Pomegranate Seeds, Mixed Seeds (golden linseed, brown linseed, millet, sunflower seeds, pumpkin seeds)
FIERY JACKFRUIT	Mixed Leaf Salad (frisée lettuce, lollo rosso, baby red chard, green oak leaf), Sweet Potato, Jackfruit, Yellow Pepper, Sunflower Seeds, Scotch Bonnet, Paprika.
KALE CEASAR DRESSING	Tahini (sesame seeds , garlic, chickpeas, lemon, salt), Nutritional Yeast, Garlic Powder, Salt, Olive Oil, White Wine Vinegar.
PURPLE POWER BOWL DRESSING	Harissa (paprika, red chilli peppers, sunflower oil, soya oil, garlic, salt, mixed spices, rose petals, acidity regulator: citric acid), Sun-dried Tomatoes, Salt, Tabasco (distilled vinegar, red pepper), White Wine Vinegar, Olive Oil.
FIERY JACKFRUIT DRESSING	Apple Cider Vinegar, Tabasco (distilled vinegar, red pepper), Salt, Olive Oil, Aquafaba Mayo (aquafaba water, vegetable oil, mustard , maple syrup, salt, turmeric).
SPINACH WRAP	Mixed Lettuce, Sweet Potato, Sweet Potato Hummus, Chickpeas, Smoked Paprika, Cumin, Coriander, Quinoa, Spinach Tortilla.
WHOLE WHEAT WRAP	Mixed Lettuce, Smashed Avocado, Pulled Jackfruit, Yellow Pepper, Black Beans, Whole Wheat Tortilla.
MORNING RITUAL ORGANIC SMOOTHIE BLEND	Rice protein powder*, Pea protein powder*, Oatflakes*, Flaxseed protein powder*, Chia seed protein powder*, Turmeric powder*, Spinach powder*. <i>*organic ingredients</i>
ORGANIC MATCHA POWDER	100% Organic Matcha Green Tea (made from the finest tea buds, dried and milled into fine powder).
ORGANIC TURMERIC POWDER	100% organic Turmeric Powder (It's a perennial plant from the ginger family originated in India).
ORGANIC CHIA SEEDS	100% Organic Black Chia seeds (great source of protein and potassium).
ORGANIC HEMP SEEDS	100% Organic Hemp Seeds (Nuts) .
ORGANIC CACAO NIBS	100% Organic Cacao Nibs (from the cacao beans).
COLLAGEN INNER BEAUTY BOOST	Flora Culture Plus Blend™ (papaya fruit and leaf extract, blueberry powder, acai powder, goji berry powder, maqui berry powder, pomegranate extract, grape seed extract, zinc gluconate, ascorbic acid, lactobacillus acidophilus, l. casei, l. plantarum, l. bulgaricus, l. fermenti, bifidobacterium lactis, b. bifidum, saccharomyces cerevisiae), glycerol (422) (derived from sustainable palm). Gluten Free, Vegan and contains no artificial flavours, preservatives, colours, additives, nuts, lactose, dairy or sugar.



	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupins	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphites	Vegetarian	Vegan	Caffeine
KOMBUCHA															X	X	X
RASPBERRY & ELDERFLOWER KOMBUCHA															X	X	X
CACAO LECHE										X					X	X	X
ESPRESSO LECHE										X					X	X	X
VANILLA LECHE										X					X	X	
GARDEN 2															X	X	
GREENHOUSE 1	X														X	X	
GREENHOUSE 3	X														X	X	
GREENHOUSE 5															X	X	
GROVE 3															X	X	
ORCHARD 1															X	X	
ORCHARD 2															X	X	
ORCHARD 3															X	X	
CLEAN CARROT															X	X	
GINGER SUPER SHOT															X	X	
TURMERIC SUPER SHOT															X	X	
WARRIOR										X					X	X	
BERRY RECOVERY										X					X	X	X
ALKALINE BALANCE										X					X	X	
MOCHA										X					X	X	X
BREAKFAST										X					X	X	
BEET BURNER										X					X	X	
ACAI ANTIOXIDANT										X					X	X	
SUPER-GREENS										X					X	X	X
IMMUNITY										X					X	X	
MINT CHOC-CHARCOAL										X	X				X	X	X
CHARCOAL LEMONADE															X	X	
BLUE SPIRULINA LEMONADE															X	X	



	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupins	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphites	Vegetarian	Vegan	Caffeine
ACAI BOWL										X					X	X	
PITAYA BOWL										X					X		
CHIA BOWL										X					X	X	
IMMUNITY BOTTLED SMOOTHIES															X	X	
SUPER-GREENS BOTTLED SMOOTHIES															X	X	X
BERRY RECOVERY BOTTLED SMOOTHIES															X	X	
MANGO TRIALMIX															X	X	
BOGOYA BANANA TRIALMIX															X	X	
CACAO MATCHA ENERGY BAR		X								X					X	X	X
PINEAPPLE GOJI ENERGY BAR										X					X		
RASPBERRY CASHEW ENERGY BAR										X					X	X	
KALE CEASAR BOWL															X	X	
PURPLE POWER BOWL															X	X	
FIERY JACKFRUIT BOWL															X	X	
KALE CEASAR DRESSING												X			X	X	
PURPLE POWER DRESSING		X													X	X	
FIERY JACKFRUIT DRESSING									X						X	X	
SPINACH TORTILLA WRAP		X													X	X	
WHOLE WHEAT TORTILLA WRAP		X													X	X	
MORNING RITUAL ORGANIC															X	X	
ORGANIC MATCHA POWDER															X	X	
ORGANIC TURMERIC POWDER															X	X	
ORGANIC CACAO NIBS															X	X	X
ORGANIC CHIA SEEDS															X	X	
ORGANIC HEMP SEEDS										X					X	X	
COLLAGEN INNER BEAUTY BOOST															X	X	