



5X24*

FLUX JUICES, SMOOTHIES & BOOSTERS

*The easy way to get your 5-a-day fruit & veg!

FRESH JUICE

Nothing tastes better than freshly squeezed juice – especially when it's juiced right in front of you. We offer great choices of solo and combo juices, all packed with the nutrients that only 100% pure fresh fruit provides. No heat treatment, no preservatives.

SOLO JUICES

| | | SMALL | LARGE |
|--------------|--------------------------------|-------|-------|
| APPLE JUICE | Made from 100% organic apples | €3.35 | €2.20 |
| CARROT JUICE | Made from 100% organic carrots | €3.30 | €3.65 |
| ORANGE JUICE | Freshly squeezed to order | €2.65 | €3.15 |

COMBO JUICES

| | | |
|---------------|---|-------|
| CLEAN & LEAN | Apple, Melon & Cranberry – <i>a real thirst quencher</i> | €3.55 |
| ENERGISER | Apple, carrot & Ginger – <i>the classic boost</i> | €3.95 |
| GREEN GODDESS | Kiwi, apple, pear, lime, cucumber, spinach & celery – <i>the ultimate detox</i> | €3.55 |
| LIQUID LUNCH | Apples, pineapple, ginger & coconut milk – <i>ideal snack substitute</i> | €3.55 |
| LOVE JUICE | Orange, strawberry, peach & banana – <i>delicious fruit, love potion</i> | €3.95 |
| PURIFIER | Apple, carrot, celery, ginger & red fruit – <i>hang-over or in need of a pick-me-up</i> | €3.55 |
| SUPER JUICE | Carrot, spinach, beetroot & cucumber – <i>try it with a booster for the ultimate health drink</i> | €3.95 |
| ZINGER | Apple, carrot, pineapple & orange – <i>a great start to the day</i> | €3.55 |

SMOOTHIES

| | | |
|--------------------|---|-------|
| BANANARAMA | Banana, honey, skimmed milk and low fat frozen yoghurt. | €3.95 |
| BLUEBERRY HILL | Blueberries, banana, apple juice and low fat frozen yoghurt. | €3.95 |
| BERRY BLAST | Raspberries, blueberries, banana, apple juice and low fat frozen yoghurt. | €3.95 |
| MANGO MADNESS | Mango, banana, orange juice and low fat frozen yoghurt. | €4.25 |
| PEACH PASSION | Peach, banana, orange juice and low fat frozen yoghurt. | €4.25 |
| PINEAPPLE PLEASURE | Pineapple, banana, pineapple juice and low fat frozen yoghurt | €4.25 |
| STRAWBERRY COOL | Strawberry, banana, orange juice and low fat frozen yoghurt | €3.95 |

BOOSTERS & WHEATGRASS

Add a 'booster' to any juice or smoothie for an extra shot of goodness!

Our specially formulated boosters are made up of combinations of natural supplements of vitamins, minerals and herbs.

WHEATGRASS €2.20
Purifies blood, neutralizes toxins, improves digestion and helps purify the liver.

ALOE VERA €1.50
Good for digestion, anti-viral and anti-bacterial properties, assists immune system and healing wounds.

BEE POLLEN €1.50
Helps correct digestive problems, increases energy, stamina and endurance.

ECHINACEA €1.50
Helps stimulate overall activity of the cells responsible for the fighting of all kinds of infections including colds, flu and coughs.

GINGER €1.50
Good for indigestion. Known as an aphrodisiac and cure for impotence.

GINSENG €1.50
Reduces stress, boosts energy levels and helps the body resist environmental toxins.

GUARANA €1.50
Quickens perceptions, delays sleep and works wonders on hangovers.

HONEY €1.50
Natural sweetener and traditionally viewed as an aphrodisiac.

SPIRULINA €1.50
More beta carotene than carrots and more protein than soya beans.

VITAMIN C €1.50
Helps fight bacteria and viruses in particular the common cold and flu. Stimulates immune system. Acts as natural laxative.

WHEAT GERM €1.50
Good for the function of heart and lungs, strengthening and repairing muscles.

SUPER BOOSTERS

BRAINSTORM €1.50
Enhances general brain function.

BLISS BLEND €1.50
Helps relax the body and relieve stress, anxiety and tension.

ENERGY EXPLOSION €1.50
Boosts energy levels, concentration and motivation.

FAT BURNER €1.50
The perfect compliment to any diet or weight loss program.

GOOD MORNING €1.50
Easy way to supplement your body's nutritional needs for vitamins and minerals.

