

FRESHROOTS

COLD-PRESSED. RAW POWER.
JUICES | SMOOTHIES | ACAI BOWLS & MORE

COLD PRESSED JUICES

WELLNESS SHOT - \$6

☀️ SUNFIRE SHOT

Orange, Apple, Lemon, Ginger, Turmeric
High in vitamin C + anti-inflammatory



VITALITY JUICES - \$11

☀️ GOLDEN GLOW

Carrot, Orange, Ginger, Turmeric,
Cayenne
*Anti-Inflammatory + Metabolism
Boost*



GOLDEN GROVE

Only Orange
Vitamin C Boost + Citrus Energy



GREEN SHIELD

Silverbeet, Spinach, Cucumber,
Apple, Lemon
Detox + Alkalising



KIWI RISE

Spinach, Apple, Kiwifruit
Refreshing + Fiber-Rich



☀️ HEART BEET

Beetroot, Carrot, Lemon, Apple
Energy + Heart Health



SWEET ORCHARD

Only Apple
Classic + Hydration



🥤 JUICE ADD-ONS

🔥 GINGER SHOT - \$2.00

☀️ TURMERIC SHOT - \$2.00

🥄 SPIRULINA SCOOP - \$2.50

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SMOOTHIES WITH PURPOSE

🍓 Fruit & Antioxidants - \$13

☀️ STRAWBERRY SUNRISE

Strawberry, Banana, Pineapple,
Agave Syrup, Coconut Milk

Immunity and energy boost with a tropical twist.



🍇 AÇAÍ POWER

Organic Açaí, Blueberry, Banana
& Soy Milk

Antioxidant-rich blend for clean energy & glowing vitality.



🌿 Greens & Vitality - \$13

GREEN RECHARGE

Spinach, Kale, Coconut Water,
Coconut Cream, Banana,
Greek Yogurt

Nutrient-dense greens with electrolytes and protein for hydration and recovery.



🍫 Protein & Energy - \$13

☀️ COCOA FUEL

Banana, Cocoa, Pea Protein,
Himalayan Salt, Almond Butter,
Dates, Oat Milk

A rich chocolate protein blend to support energy, recovery, and fullness.



NUTTY BOOST

Banana, Pea Protein, Cinnamon,
Peanut Butter, Himalayan Salt,
Oat Milk

Plant protein and healthy fats to fuel energy, recovery, and satiety.



BERRY FUEL

Blueberry, Banana, Pea Protein,
Oats, Dates, Oat Milk

Rich in protein and antioxidants for energy, recovery, and wellness.



🍓 SMOOTHIE ADD-ONS

💪 PROTEIN BOOST: PEA PROTEIN - \$2.50

NUT BUTTERS: PEANUT, ALMOND - \$2.00

CACAO POWER: CACAO NIBS OR COCOA POWDER - \$2.00

🌿 SUPER SEEDS: HEMP, CHIA, FLAX - \$2.00

🍍 EXTRA FRUIT SCOOP: BLUEBERRY, STRAWBERRY, BANANA, MANGO - \$2.00

🥛 KEFIR PROBIOTIC YOGURT - \$3.00

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SUPERFOOD BOWLS

BOWLS - \$19

★ OG ACAI 🍇

Base: Organic Acai

Toppings: Granola, Banana, Strawberry Slices, Raspberry Sprinkle



TROPICAL BOWL

Base: Banana, Mango, Passion Fruit, Coconut Cream
Orange Juice

Toppings: Granola, Banana, Mango, Blue Berry, Coconut Shread



★ SUNRISE BOWL

Base: Strawberry, Banana, Pineapple, Agave Syrup, Coconut Milk

Toppings: Granola, Banana, Kiwi Fruit, Cocoa Nibs, Hemp Seeds, Coconut Shread



COCOA BOWL

Base: Banana, Cocoa, Pea Protein, Himalayan Salt, Almond Butter, Dates, Oat Milk

Toppings: Granola, Banana, Blue Berry, Cocoa Nibs, Hemp Seeds, Coconut Shread



★ 🌱 ACAI BERRY SUPERFOOD SWIRLS - CUP \$16 BOWL \$19

Base: Organic Acai Berry

Topping: Banana, Fresh Fruits, Granola

💡 *Antioxidant-rich and refreshing*

★ Boost Your Bowls or Swirls – Drizzles (\$3 each):

Pistachio • Biscoff • Peanut Butter • Strawberry • Dark Chocolate • Hazelnut • Nutella
Biscoff Crumbs • Oreo Crumbs • Kitkat

KNAFEH (DUBAI CHOCOLATE FILLING) - \$5 (IN PISTACHIO SAUCE)



🍷 SUPER FOOD BOWLS OR SWIRLS ADD-ONS

CRUNCH: GRANOLA (EXTRA) - \$2.00

🍓 EXTRA FRESH FRUIT: BANANA, KIWI, STRAWBERRY, BLUEBERRY, MANGO, PINEAPPLE - \$2.00 EACH

NUT BUTTERS: ALMOND, PEANUT - \$2.00 EACH

🌱 EXTRA SUPERFOOD SPRINKLES: HEMP SEEDS, CHIA, FLAX, CACAO NIBS - \$2.00 EACH

COCONUT CREAM - \$2.00

🥄 PROTEIN SCOOP - \$2.50