

# FRESH ROOTS

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

## 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



### ★ SUNRISE BOWL

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

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



### TROPICAL BOWL

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

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



### COCOA BOWL

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

Toppings: Granola, Banana, Blue Berry, Cacao 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

