

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

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

☀️ **HEART BEET** Beetroot, Carrot, Lemon, Apple
Energy + Heart Health

GOLDEN GROVE Only Orange
Vitamin C Boost + Citrus Energy

KIWI RISE Spinach, Apple, Kiwifruit
Refreshing + Fiber-Rich

SWEET ORCHARD Only Apple
Classic + Hydration

🥤 JUICE ADD-ONS

☀️ **WELLNESS BOOSTERS (ADD TO ANY JUICE) - \$3.00 EACH**
CHLOROPHYLL • CHARCOAL • ALOE VERA

🔥 **GINGER SHOT - \$2.00**

✨ **TURMERIC SHOT - \$2.00**

🥄 **SPIRULINA SCOOP - \$2.50**



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SMOOTHIES WITH PURPOSE

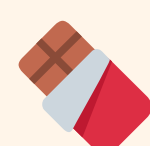


FRUIT & ANTIOXIDANTS - \$13

☀️ **Strawberry Sunrise** Strawberry, Banana, Pineapple, Agave Syrup, Coconut Milk
Immunity and energy boost with a tropical twist.



☘️ **Açaí Power Smoothie** Organic Amazonia Açaí, Blueberry, Banana & Soy Milk
Antioxidant-rich blend for clean energy & glowing vitality.



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.



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.



CREAMY & NOURISHING - \$12

☀️ **Avocado Glow** Avocado, Cardmom Powder, Oat Milk, Agave Syrup
Creamy superfood blend for glow, energy & fullness.



SMOOTHIE ADD-ONS



PROTEIN BOOST: PEA OR PLANT BLEND - \$2.50

NUT BUTTERS: PEANUT, ALMOND, CASHEW - \$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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BLISS BOWLS

☀️🌱 ACAI BERRY SUPERFOOD BOWL - S \$16 L\$19

BASE: AMAZONIA ORGANIC ACAI BERRY 🍇

Topping: Banana, Fresh Fruits, Granola

💡 *Antioxidant-rich and refreshing*

🍷 **SUPERFOOD WAFFLE - \$20**

Topping: Amazonia Acai Swirl, Nut Butter, Banana, Fresh Fruits, Granola, & Superfood Sprinkles

💡 *Nutrient-packed waffle blend of açai, fruits, and granola – a healthy twist on a classic treat.*

🍷 BLISS BOWL OR SUPER FOOD WAFFLE ADD-ONS

CRUNCH: GRANOLA (EXTRA) - \$2.00

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

NUT BUTTERS: ALMOND, PEANUT, CASHEW - \$2.00 EACH

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

WHIPPED CREAM - \$2.00

💪 PROTEIN SCOOP - \$2.50

✨ BOOST YOUR BOWL OR SUPER FOOD WAFFLE - ADD-ON DRIZZLES (\$3 EACH):
PISTACHIO • BISCOFF • PEANUT BUTTER • STRAWBERRY • CHOCOLATE
