

# Saturday Spa Juices & Smoothie



As part of the 'Saturday Spa' package you can **enjoy any two juices/smoothies at any time** from the menu below. When you are ready, simply place your order with reception and let them know if you would like it served in either the cafe, terrace or library

## **Smoothies** - *Thicker & more filling*

**Turbo Charge Smoothie:** *Fresh pineapple, apple, cucumber, celery, spinach & lemon/lime juice all blended together with creamy avocado & ice*

**Blood Builder:** *Fresh apple, carrot, beetroot & lemon juice all blended together with creamy avocado & ice*

**Tahini Cocoa Beaney:** Raw almond milk, blended with raw cocoa, banana, tahini, honey & ice

## **Juices** - *Lighter & more refreshing*

**Lemon Ginger Zinger:** Freshly extracted apple, carrot & lemon juice, blended with ice

**The Green Goddess:** Freshly extracted apple, pear, spinach, celery, cucumber & lemon/lime juice, blended with ice

**Apple, Beet, Carrot & Celery:** Freshly extracted juice blended with ice

Any additional juices are available @ €3.95 each