

## Available Daily



### Mineral Water

S. Pellegrino - naturally sparkling(500ml)	€2.50
Evian - beautifully still (500ml)	€1.75

**“What you find at the end of your fork is more powerful than anything you find at the bottom of a pill bottle”**

**Dr Mark Hyman**

Please order with reception - Many Thanks

# Juicy Cafe



**It's not  
always about  
the juice!**

# Saturday Kitchen

Eat in the Juicy Café or take-away

## Power Smoothies

**Tahini Cocoa Beaney** \* (contains nuts) €4.75

A beautiful combination of freshly made almond milk, ripe banana, raw organic fair-trade coco powder, rich tahini & sweet local Dornes honey. All blended together to create a rich, creamy, protein-packed smoothie

**Blueberry 'n' Cinnamon Cream**\* (contains nuts) €4.75

A delicious combination of freshly made almond milk, combined with ripe banana, beautiful blueberries and a warming of cinnamon.

\* Available for take-away if you have your own flask

**Yogurt, Fruit, Organic Granola & Honey** €6.95

Creamy yogurt combined with gluten-free, organic granola, soft fruit & drizzled with local Dornes honey

## For the journey ahead...

**Travel Pack** - perfect for the journey ahead €15.90

Salad of your choice, Evian water, Simply Nude or SOS energy bar\* & either an apple, orange or banana (your choice)

\*contains nuts and are available in either Cashew & Cocoa / Orange & Apricot / Veggie / Berry.

Upgrade your complimentary salad to a travel pack for €3.95

All prices include VAT at 23%

**Allergy warning - This menu is prepared in a kitchen that uses nuts**

## SUPER SALADS

**Warm Goats Cheese with Red Onion Marmalade** €12.50

Griddled goats cheese served on a bed of mixed leaves, cherry tomatoes and black olives, partnered with home-made red onion marmalade.

**Rocket, Avocado, Grilled Asparagus & Parmesan** €12.50

Fresh rocket, topped with sliced avocado, grilled asparagus and shavings of parmesan, dressed with a roasted garlic, lemon & honey dressing.

**The Green Goddess with a side of Hummus** €12.50

A delicate and delicious combination of avocado, cucumber, spring onion, rocket, watercress, spinach, green apple, basil, coriander, mint, thyme and lemon juice.  
Accompanied with your choice of Heavenly Hummus

**Heavenly Hummus** - freshly made at Juicy Oasis

- **Traditional:** Chickpeas, lemon, garlic, cumin & olive oil

- **Mint 'n' Rocket:** Butterbeans, mint, rocket & olive oil

Add to your salad €3.75

Served with carrots and cucumber sticks

## Until next time...

As a gesture of our **gratitude to you** for choosing to spend your time at Juicy Oasis, please enjoy a **complimentary salad** on us at the end of your week. This can be eaten either in the cafe or as a take-away - you decide.

All you need to do, is let reception know (the day before)

- Which salad you would like

- When you would like to enjoy it

- If it is 'eat-in' or 'take-away'

**Bom Appetite!**