

# Café Selection

# Fresh & Healthy

# 95 Traditional Selection 90

#### Detox

Beetroot, carrot, apple juice, honey and ginger.

Contains high-fiber root vegetables and fruits that improve digestion, while the ginger helps to soothe and calm the stomach.

#### **Power Gulp**

Kale, green and grani smith apple, cucumber.

Promotes healthier blood cells and improves muscle function, providing your daily requirement of vitamin K.

### Sliming Beauty

Beetroot, carrot, pineapple, honey.

Improves athletic performance, lowers blood pressure, and increases blood flow.

#### Liver Cleanser

Fresh orange, turmeric, fresh lemon, ginger and honey.

Rich in vitamin C with anti-inflammatory and antioxidant properties, protects the liver.

# Workout Selection

### Red Energizer

Mix berry, banana, fresh orange and cilantro.

### **Over Power**

Fresh banana, peanut butter, chia seed and soy milk.

#### Glow & Shine

Avocado, granny smith apple, pineapple, fresh lemon juice, spinach and honey.

### Fruit Lassie

Choice of avocado, banana, papaya, mango, strawberry and greek yogurt

## Fresh Juice

Orange, pineapple, watermelon, honeydew melon, carrot, cucumber, celery, apple, dragon fruit, tomato, mango (seasonal), kale, spinach

# Young Green Coconut

### Temulawak (Java Turmeric)

Curcuma zanthorriza-based drink, mixed with tamarind.

Curcuma, known as the king of roots and indigenous to Indonesian islands, helps regulate digestion and protect the gut.

### Jahe Wangi

This delightful ginger-based drink can serve to refresh or warm the body, while also providing relief from headaches, sore throats, and coughs.

#### Sari Asam

The refreshing tamarind-based drink is rich in antioxidants, enhancing the beauty of hair and skin. It supports digestion and aids in weight loss.

### **Kunyit Asam**

Combining turmeric with tamarind creates the ideal, beautifying drink for women. It also contributes to liver health.

### Crafted Selection

90

# 95 Passion Orange & Ginger

Refreshing passion orange and turmeric with a subtle hint of ginger.

High in antioxidants, it improves digestion and helps maintain overall wellness.

## Mango & Ginger

Refreshing and fragrant mango mixed with spicy ginger.

To boost energy throughout the day. Perfect to be consumed over ice on a hot day.

### Pure Turmeric Ginger

Made from 100% turmeric that is high in antioxidants and beneficial for skin health and beauty.

# Still or Sparkling

Equil 380ml

85

95

70

50

Equil 760ml

70