



dwell

HEALTH BAR

Our intention is to make organic goodness from nature available to everybody.

We are here to inspire, to heal and most of all, to enjoy life.

Most of our products are organic, those that are not organic are labeled with ()*

Juices

- Red Juice**98,-
Orange, lemon, ginger, pepper, chili, beetroot, pineapple, carrot and paprika
- Green Juice** (10).....98,-
Brokkoli, celleri, lemon, ginger, chili, kiwi, cucumber, apple, pineapple, spinach, skvalderkål
- Morning Juice**98,-
Orange, ginger, lemon, carrot

Healthy shots

- Spinach & green apple** 37,-
- Beetroot & lemon**..... 37,-
- Wheatgrass** 37,-
Wheatgrass, green apple, lemon
- Flu shot** (2)..... 37,-
- Ginger lemon** 37,-
Ginger, lemon, honey, cayenne, apple cider vinegar
- Moringa matcha** 37,-
Moringa, matcha, barley grass, pineapple, lemon
- Goji berry & cherry**..... 37,-
- Blueberry & ginger**..... 37,-
- Raw cacao shot** 37,-

Coffee

- Milk Coffees** (2).....45,-
- Ice Coffee** (2).....47,-
- Spiced Coffee** (2).....50,-
Bourbon vanilla extract, cayenne, cinnamon
- Black Coffee**32,-
- Coco Frappuccino** (2) (3) (oat)50,-
Coconut milk, cacao, coffee

Ayurvedic

- Chai**.....49,-
Cinnamon, Cardamomme, Pepper, Brown sugar, Star anise, clove, black tea, milk
- Golden Milk** (3) (oat)49,-
Turmeric, Cinnamon, Pepper, Coconut oil, Cardamomme, Star anise, Clove, Oat milk

Hot chocolates

- Hot cacao** (2)..... 49,-
- Mint & White hot chocolate** (2). 51,-

Specials

Matcha tea set55,-

Tea bowl set to share

**Sparkling blueberry52,-
ginger ice tea**

Anti inflammatory, nausea, promotes digestive system and metabolism, energy booster

**Pomegranate and Orange52,-
sparkling water**

Heart health, anti viral, diabetes, anemia, energy booster, lowers blood pressure

Alkalizing ginger lemonade ④..53,-

Ginger, lemon, honey, galangal root(), baking soda, apple cider vinegar (lowers PH, fights cancer, detoxifier, regulate metabolism, immune booster*

Frosted vanilla lemonade ②.....51,-

Lemon juice, vanilla ice cream, honey, water

Kombucha50,-

Detox, weight loss, increased energy, reduced joint pain, anti cancer, improved digestion

Banana shake ③ (oat)52,-

Regulate nervous system, energy booster, digestive, increases serotonin and dopamine, helps hangover

Matcha oat latte ③ (oat)52,-

Calming, boost memory and concentration, increase energy levels and endurance, detoxing

Chaga oat latte ③ (oat)52,-

(Adaptogen that helps balance body functions, reducing, inflammations, anti cancer, powerful anti oxidant, heart health, digestion

Mate iced tea52,-

Stimulating mateine, clears your mind without the shakiness of coffee, euporia



Teas

Mate

Boost energy, mental functions, enhances mood, alertness, anti oxidants

Mint

Focus, anxiety

Chaga

Antioxidant, fight cancer, age, energy

Calendula

Skin healer, menstrual cramps

Meadowsweet

Aches and pain, contains salicylic acid

Red clove

Blood circulation, cholesterol, blood pressure, fight cancer, helps with menopause

Licorice root

Kidney, liver, bladder, ulcers, stress

Lavendel

Headaches, calming, asthma

Timian

Cough, bronchitis

Rose

Imune system

Lemon balm

Calming nerves, anxiety, alzheimers

Nettle

Hair, pregnancy, fertility, allergies

Elderflower

Duretic, fights cancer, pain killer

Rosemary

Boost memory, imune system, asthma, cough

Ginger, lemon, honey

Imune system, regulate metabolism, nausea

Dandelion

Hangover, vitamins, minerals, cholesterol

Camomille

Anti inflammatory, fight cancer, promotes sleep

Lemongrass

Depression, fight cancer, cold/flu

Sage

Anti inflammatory, boost memory, oral health, fights flu

Hibiscus

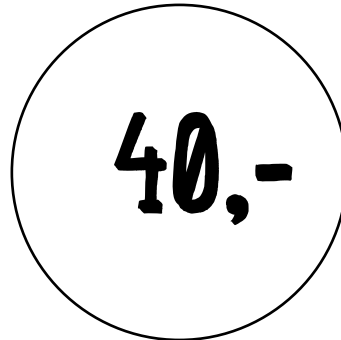
Antioxidants, fight cancer, skin health

Roibos

Antiviral, kidney health, imune system

Oregano

Anti histamine, anti oxidant, bacterial infections, asthma, seasonal allergies



ALLERGENS

1 Egg

2 Milk

3 Gluten

4 Sulfites

5 Sesame

6 Fish/Seafood

7 Nuts

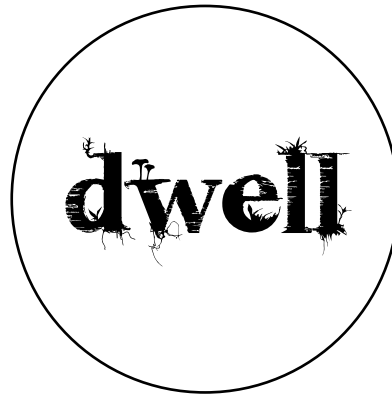
8 Soya

9 Peanuts

10 Celery

11 Mustard

12 Lupin



- HEALTH BAR
- RESTAURANT
- NIGHT BAR
- CLUB LIVE
- YOGA

HEALTH BAR MANAGER

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