

# Health bar

ENJOY

## JUICES

<b>RED JUICE</b> .....	<b>86,-</b>
Orange, lemon, ginger, pepper, chili, beetroot, pineapple, carrot and paprika	
<b>GREEN JUICE</b> (10).....	<b>86,-</b>
Brokkoli, celleri, lemon, ginger, chili, kiwi, cucumber, apple, pineapple, spinach, skvalderkål	
<b>MORNING JUICE</b> .....	<b>86,-</b>
Orange, ginger, lemon, carrot	

## HEALTHY SHOTS

<b>SPINACH &amp; GREEN APPLE</b> .....	<b>45,-</b>
<b>BEETROOT &amp; LEMON</b> .....	<b>45,-</b>
<b>WHEATGRASS</b> .....	<b>45,-</b>
Wheatgrass, green apple, lemon	
<b>FLU SHOT</b> (4).....	<b>45,-</b>
<b>MORINGA MATCHA</b> .....	<b>45,-</b>
Moringa, matcha, barley grass, pineapple, lemon	
<b>BLUEBERRY &amp; GINGER</b> .....	<b>37,-</b>

## AYURVEDIC

<b>CHAI</b> (2).....	<b>65,-</b>
Cinnamon, Cardamomme, pepper, brown sugar, star anise, clove, black tea, milk	
<b>GOLDEN MILK</b> (3)oat.....	<b>65,-</b>
Turmeric, cinnamon, pepper, coconut oil, cardamomme, star anise, clove, oat milk	

## COFFEE & CACAO

<b>MILK COFFEES</b> (2).....	<b>45,-</b>
<b>ICE COFFEE</b> (2) .....	<b>47,-</b>
<b>SPICED COFFEE</b> (2) .....	<b>55,-</b>
Bourbon vanilla extract, cayenne, cinnamon	
<b>BLACK COFFEE</b> .....	<b>32,-</b>
<b>COCO FRAPPUCCINO</b> (2,3)oat .....	<b>65,-</b>
Coconut milk, cacao, coffee, milk or oatmilk	
<b>HOT CACAO DWELL STYLE</b> (2) .....	<b>62,-</b>

## SPECIALS

<b>MATCHA TEA SET 2+ PERSONS</b> .....	<b>65,-</b>
Japanese Tea bowl set to share	
<b>SPARKELING BLUEBERRY &amp; ORANGE</b>	<b>65,-</b>
<b>GINGER ICE TEA</b>	
Anti inflammatory, nausea, promotes digestive system and metabolism, energy booste	
<b>ALKALIZING GINGER LEMONADE</b> (4) ..	<b>65,-</b>
Ginger, lemon, honey, galangal root , baking soda, apple cider vinagre (lowers PH, fights cancer, detoxifier, regulate metabolism, immune booster	
<b>KOMBUCHA</b> .....	<b>52,-</b>
Detox, weight loss, increased energy, reduced joint pain, anti cancer, improved digestion	
<b>MATCHA OAT LATTE</b> (2).....	<b>65,-</b>
Calming, boost memory and concentration, increase energy levels and endurance, detoxing	
<b>BANANA SHAKE</b> (2).....	<b>65,-</b>
Regulate nervous system, energy booster, digestive, increases serotonin and dopamine, helps hangover	
<b>CLITORIA TERNATEA (BLUE) LATTE</b> .	<b>52,-</b>
Enhances immunsystem, detoxifying, relaxing, enhances memory, alleviates pain and swelling. (3)oat	

# TEAS

## and health benefits

### MATE

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

### MINT

Focus, anxiety

### MEADOWSWEET

Aches and pain, contains salysylic 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

### ROOIBOS

Antiviral, kidney health, imune system

### OREGANO

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

