



WHAT ARE YOU GETTING FROM US?

We use only the freshest & highest quality of ingredients, to make sure that you get the most vitamins & minerals from those not only healthy but also very tasty fruits. So what can fruits & vegetables really do for you to make you look and feel fit and healthy?.....

APPLE: contains high amounts of A, C & B vitamins, carotenoids, pectin, potassium, iron, magnesium. Helps fight infection & blood clots.

BANANA: source of fiber, like with potassium, and vitamin B. It also contains a natural natural potassium, which is important for energy metabolism.

BUTTERFLY: source of vitamins A, C, B6, beta-carotene, sodium, iron, potassium. Butter is a traditional cure for asthma and indigestion. Its warming, the sugar, soothes sore of the throat while the fruit is so natural & its antioxidants are effective.

CARROT: great source of carotenoids, magnesium, potassium, vitamins A, B-C, T, E, P, K. It is a great fiber source and also very good for eyes.

CUCUMBER: contains potassium, vitamin A. The potassium increases the function of muscles. The cucumber also is a good for skin and teeth.

EARTH: source of fiber, food sugar, iron & potassium. Though not the best & best is a cereal but the cane has some significant iron properties.

GINGER: contains the antioxidant system to be immunized & prevents cancer. It can help soothe the stomach, lower the cholesterol, prevent heart disease.

GRAPE: source of natural sugar, vitamin C is powerful antioxidant which are very useful and can help in protecting up other items.



GRANATED: contains beta-carotene, lip of vitamin C has antioxidant properties which help the blood to circulate better. It is also a natural, healthy system natural bacteria.

LEMON: source of beta-carotene, the lemon, the yellow skin is contains a large amount of vitamin C.

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MANGO: source of beta-carotene, beta-carotene, potassium, a range of antioxidants as well as vitamin C. Also has a lot of sugar & is a very healthy fruit for the system.

MELON: contains vitamin A, B, C & D potassium. It is also a source of antioxidants which makes the blood healthy.

ORANGE: source of beta-carotene, sodium, iron, beta-carotene, potassium, magnesium, vitamin C & D. Orange also is good for fighting the flu, also good for the lungs & heart.

PARSLEY: contains high amount of sodium, iron, potassium, vitamin A & B. It is a healthy fruit. It is a good source for the blood & body.

PAPAYA: source of beta-carotene, beta-carotene, magnesium & vitamin C. It also contains a good amount of iron & potassium.

PEAR: contains fiber & vitamin C. They have a good natural taste, a unique flavor and good for controlling cholesterol and blood pressure (not good).

PINEAPPLE: source of vitamin C & a range of sugars that are healthy for the system, vitamin B, blood of sugar.

STRAWBERRY: contains vitamin A, C, beta-carotene. The source of ascorbic acid which is a natural and all-potent antioxidant, good for all forms of arthritis.

TOMATO: source of beta-carotene, potassium, vitamin A, C, B & magnesium which is one of the most powerful natural antioxidants.

WATERMELON: source of potassium, beta-carotene, and vitamins of vitamin A, B & C. But it also contains a natural cure for cold & flu.



**Lebanese Grill House
& Juice Bar
Drinks Menu**