



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 these not only healthy but also very tasty juices. 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, carotene, pectin, potassium, iron, magnesium. Helps fight infections & absorb toxins.

BANANA: source of fibre, folic acid, potassium, and vitamin A. It also contains a mineral called chromium, which is important for energy metabolism.

BEETROOT: source of vitamin A, C, B-6, beta-carotene, calcium, iron, potassium. Beetroot is a traditional cure for anaemia and leukaemia. By increasing the oxygen carrying power of the blood helps the brain to memorise & concentrate more effectively.

CARROTS: great source of carotenoids, magnesium, potassium, vitamins A, B, C, D, E, F & K. It is a powerful cleanser and also very good for eyes.

CUCUMBER: contains potassium, vitamin A. The potassium promotes the flexibility of muscles. The cucumber juice is also great for skin and nails.

DATES: source of fibre, fruit sugar, iron & potassium. Throughout the Middle East it is believed that the dates have some aphrodisiac properties.

GINGER: stimulates the circulatory system by its zingiberene & gingerole content. It also helps soothing the stomach, lowers the cholesterol & prevents heart disease.

GRAPES: source of natural sugar, vitamin C & powerful antioxidants which are very useful and also helps you building up after illness.



GRAPEFRUIT: contains beta-carotene, lots of vitamin C & bioflavonoid (naringin), which thins the blood & lowers cholesterol. It increases natural immunity against viruses & bacteria.

KIWI FRUIT: source of beta-carotene, bio flavours, fibre, potassium & contains a huge amount of vitamin C.

LEMON: source of limonene that also contains bioflavonoid, potassium & lots of vitamins C.

MANGO: source of beta-carotene, flavorful, potassium, a range of antioxidants as well as vitamin C. Gives you instant energy & nutrients, boosts the immune system.

MELON: contains vitamin A, B, C & potassium. It is also a source of adenosine, which makes the blood less sticky.

ORANGE: source of bioflavonoid, calcium, iron, limonene, potassium, thiamine, vitamin B-6 & C. Orange juice is great for fighting the flu, also good for the lungs & heart.

PARSLEY: contains high amounts of calcium, iron, potassium, vitamins A & C. It is a string diuretic. It is great for cleansing the blood & body.

PAPAYA: source of beta carotene, flavorful, magnesium & vitamin C. It also contains papain an enzyme that improves digestion.

PEARS: contains fibre & vitamins C. They have a great nutritional value, a unique flavour and just by smelling its wonderful aroma makes you feel good.

PINEAPPLE: source of vitamin C & a range of enzymes that are helpful for angina, arthritis & physical injuries.

STRAWBERRY: contains vitamins A, C, beta-carotene. Also source of an aspirin-like substance which is a natural and safe pain-killer, especially good for all forms of arthritis.

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

WATERMELON: source of potassium, folic acid, small amounts of vitamins A, B & C. But its diuretic substances are its real assets.



**Lebanese Grill House
& Juice Bar**

Drinks Menu

SOLO

1 Autumn Scene (Orange)	£3.10
2 Simple Summer (Apple)	£3.10
3 Island Freeze (Pineapple)	£3.10
4 External Spring (Kiwi)	£3.10
5 Red Defender (Watermelon)	£3.10
6 Sunrise Pleasure (Mango)	£3.10
7 Bunny Fiesta (Carrot)	£3.10
8 Love Pink (Pink Grapefruit)	£3.10
9 Just Strawberries (Strawberry)	£3.10
10 Sweet Melon (Melon)	£3.10
11 Papaya	£3.10
12 Pomegranate	£3.10
13 Avocado	£3.10
14 Figs	£3.10

TWO MIXTURES

15 Eye Brightness (Apple & Carrot)	£3.25
16 Green Machine (Apple & Kiwi)	£3.25
17 Memories Up (Orange & Carrot)	£3.25
18 Ohi Berries (Orange & Strawberry)	£3.25
19 Sour Bites (Orange & Pineapple)	£3.25
20 Energizer Tool (Orange & Grapefruit)	£3.25
21 Sour Lemon (Lemon & Mint)	£3.25
22 Crazy Orange (Orange & Lemon)	£3.25

MILKSHAKES

23 Strawberry	£3.20
24 Banana & Strawberry	£3.20
25 Full Power (Avocado, Banana, Dates & Honey)	£3.50
26 Vanilla	£3.20
27 Chocolate	£3.20
28 Banana	£3.20

THREE MIXTURES

29 Exotic (Melon, Mango, Pineapple)	£3.50
30 Super Orange Booster (Orange, Mango & Carrot)	£3.50
31 Heart Beat (Mango, Orange & Banana)	£3.50
32 Brain Storming (Orange, Pineapple, Banana)	£3.50
33 Nude Kisses (Orange, Banana, Strawberry)	£3.50
34 Clear Skin (Watermelon, Pineapple & Mango)	£3.50
35 Day Dreaming (Carrot, Kiwi & Apple)	£3.50
36 Mango Yummy (Mango, Papaya & Banana)	£3.50
37 Apple Shiver (Orange, Apple & Kiwi)	£3.50
38 Ginger Lover (Apple, Ginger & Honey)	£3.50
39 Tangy Touch (Orange, Lemon, Banana)	£3.50
40 Lemon Addict (Lemon, Strawberry & Raspberry)	£3.50
41 Thirst Served (Orange, Raspberry & Pineapple)	£3.50

LONA SPECIAL

Jug Special (Lona Special Mix of fruit) equivalent of 4 large glasses	£12.50
--	--------

FOUR MIXTURES

42 Super Fuel (Raspberry, Banana, Orange & Mango)	£3.95
43 4 Seasons (Orange, Apple, Pineapple & Mango)	£3.95
44 Infinity Diet (Strawberry, Orange, Apple & Banana)	£3.95
45 Ocean Breeze (Orange, Apple, Carrot & Lemon)	£3.95
46 Body Builder (Orange, Banana, Lemon & Lime)	£3.95
47 Morning Breakfast (Apple, Strawberry, Banana, Kiwi)	£3.95
48 Summer Paradise (Pineapple, Apple, Mango & Banana)	£3.95
49 Injury Recovery (Pineapple, Orange, Lemon & Lime)	£3.95
50 Exam Time (Carrot, Apple, Orange & Ginger)	£3.95
51 Honey Madness (Carrot, Lemon, Ginger & Honey)	£3.95
52 Kiwi Glee (Kiwi, Apple, Pear, & Honey)	£3.95
53 Body Cleansing (Carrot, Beetroot, Ginger & Honey)	£3.95
54 Natural Fizz (Apple, Orange, Kiwi & Lemon)	£3.95

TRADITIONAL DRINKS

A wonderfully refreshing cold and healthy beverage, made with yogurt, salt and water, quite thick taste

55 Ayran (glass)	£2.95
56 Ayran (jug)	£7.50

SOFT DRINKS

Coca Cola	£1.20
Diet Coke	£1.20
Fanta Orange	£1.20
Sprite	£1.20
Sparkling Water	£1.20
Still Water	£1.20