



## 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 zingerone & 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, flavoured, 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 strong diuretic. It is great for cleansing the blood & body.

**PAPAYA:** source of beta carotene, flavoured, 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 & 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

