



YOU GETTING FROM US?

highest & highest quality of ingredients, you get the most vitamins & minerals healthy but also very tasty juices.

Are vegetables really do for you to make fit and healthy?.....

high amounts of A, C & B vitamins, carotene, magnesium. Helps fight infections &

of blood, free acid, potassium, and vitamin A, which strengthens, which is important for

of vitamin A, C, B-6, beta-carotene, iron. Broccoli is a health food for its ability to boost the immune system, carrying power of the antioxidant & antioxidant iron efficiency.

source of antioxidants, magnesium, potassium, D, E, F & K. It is a powerful disease and

source potassium, vitamin A. The potassium of muscles. The antioxidant is also

Red, fruit sugar, iron & potassium. Thoroughly is believed that the fruit have some effects

on the circulatory system by its diuretic & also helps soothe the stomach, treats the heart disease.

of natural sugar, vitamin C & powerful antioxidants, and also helps you building an other



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

KIWI FRUIT: source of beta-carotene, bio-flavonoid, fiber, potassium & contains a large amount of vitamin C.

LEMON: source of limonene that also contains half amount, potassium & lots of vitamin C.

MANGO: source of beta-carotene, bio-flavonoid, potassium, a range of carotenes (as well as vitamin C). Gives you instant energy & increases blood for the immune system.

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

ORANGE: source of bio-flavonoid, calcium, iron, potassium, potassium, 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, vitamin A & C. It is a strong diuretic. It is good for cleansing the blood & body.

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

PEARS: contains fiber & vitamin C. They have a great antioxidant value, a unique flavor and just by drinking so wonderful taste, water was not good.

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

STRAWBERRY: contains vitamin A, C, beta-carotene. Also source of an astringent substance which is a natural and safe painkiller, especially good for all forms of arthritis.

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

WATERMELON: source of potassium, lipoic acid, small amounts of vitamin A, B & C. But its bio-flavonoid are the real source.



Lebanese Grill & Juice Bar Drinks Menu

