



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, flavourous, 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, flavourous, 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 painkiller, 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.



**Drinks
Menu**

SOLO

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| 1 Autumn Scene (Orange) | £4.10 |
| 2 Simple Summer (Apple) | £4.10 |
| 3 Island Freeze (Pineapple) | £4.10 |
| 4 External Spring (Kiwi) | £4.10 |
| 5 Red Defender (Watermelon) | £4.10 |
| 6 Sunrise Pleasure (Mango) | £4.10 |
| 7 Bunny Fiesta (Carrot) | £4.10 |
| 8 Love Pink (Pink Grapefruit) | £4.10 |
| 9 Just Strawberries (Strawberry) | £4.75 |
| 10 Sweet Melon (Melon) | £4.10 |
| 11 Beetroot | £4.50 |
| 12 Pomegranate | £4.50 |
| 13 Avocado | £4.50 |

TWO MIXTURES

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|-----------------------------------------|-------|
| 14 Eye Brightness (Apple & Carrot) | £4.95 |
| 15 Green Machine (Apple & Kiwi) | £4.95 |
| 16 Memories Up (Orange & Carrot) | £4.95 |
| 17 Ohi Berries (Orange & Strawberry) | £4.95 |
| 18 Sour Bites (Orange & Pineapple) | £4.95 |
| 19 Energizer Tool (Orange & Grapefruit) | £4.95 |
| 20 Sour Lemon (Lemon & Mint) | £4.95 |
| 21 Crazy Orange (Orange & Lemon) | £4.95 |

MILKSHAKES

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| 22 Strawberry | £4.65 |
| 23 Banana & Strawberry | £4.95 |
| 24 Full Power (Avocado, Banana, Dates & Honey) | £5.50 |
| 25 Vanilla | £4.65 |
| 26 Chocolate | £4.65 |
| 27 Banana | £4.65 |

Try our Mango Milkshake or Pistachio £4.65

THREE MIXTURES

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| 28 Exotic (Melon, Mango, Pineapple) | £5.10 |
| 29 Super Orange Booster (Orange, Mango & Carrot) | £5.10 |
| 30 Heart Beat (Mango, Orange & Banana) | £5.10 |
| 31 Brain Storming (Orange, Pineapple, Banana) | £5.10 |
| 32 Nude Kisses (Orange, Banana, Strawberry) | £5.10 |
| 33 Clear Skin (Watermelon, Pineapple & Mango) | £5.10 |
| 34 Day Dreaming (Carrot, Kiwi & Apple) | £5.10 |
| 35 Mango Yummy (Mango, Papaya & Banana) | £5.10 |
| 36 Apple Shiver (Orange, Apple & Kiwi) | £5.10 |
| 37 Ginger Lover (Apple, Ginger & Honey) | £5.10 |
| 38 Tangy Touch (Orange, Lemon, Banana) | £5.10 |
| 39 Lemon Addict (Lemon, Strawberry & Raspberry) | £5.10 |
| 40 Thirst Served (Orange, Raspberry & Pineapple) | £5.10 |

LONA SPECIAL

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| Jug Special (Lona Special Mix of fruit) equivalent of 4 large glasses | £19.95 |
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FOUR MIXTURES

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| 41 Super Fuel (Raspberry, Banana, Orange & Mango) | £5.25 |
| 42 4 Seasons (Orange, Apple, Pineapple & Mango) | £5.25 |
| 43 Infinity Diet (Strawberry, Orange, Apple & Banana) | £5.25 |
| 44 Ocean Breeze (Orange, Apple, Carrot & Lemon) | £5.25 |
| 45 Body Builder (Orange, Banana, Lemon & Lime) | £5.25 |
| 46 Morning Breakfast (Apple, Strawberry, Banana, Kiwi) | £5.25 |
| 47 Summer Paradise (Pineapple, Apple, Mango & Banana) | £5.25 |
| 48 Injury Recovery (Pineapple, Orange, Lemon & Lime) | £5.25 |
| 49 Exam Time (Carrot, Apple, Orange & Ginger) | £5.25 |
| 50 Honey Madness (Carrot, Lemon, Ginger & Honey) | £5.25 |
| 51 Kiwi Glee (Kiwi, Apple, Pear, & Honey) | £5.25 |
| 52 Body Cleansing (Carrot, Beetroot, Ginger & Honey) | £5.25 |
| 53 Natural Fizz (Apple, Orange, Kiwi & Lemon) | £5.25 |
| 54 Guardian Angel (Beetroot, Apple, Carrot & Lemon) | £5.25 |

TRADITIONAL DRINKS

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

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| 55 Ayran (glass) | £3.50 |
| 56 Ayran (jug) | £11.95 |

SOFT DRINKS

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| Coca Cola | £2.50 |
| Zero Cola | £2.50 |
| Diet Coke | £2.50 |
| Fanta Orange | £2.50 |
| Sprite | £2.50 |
| Sparkling Water | £2.50 |
| Still Water | £2.20 |