



*Beaufort House*

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## JUICES & SMOOTHIES

### FRESH JUICES £4

Apple, Orange, Pear, Pineapple,  
Grapefruit, Carrot, Coconut Water

### SMOOTHIES £7

#### Morning Fuel

Greek Yoghurt, Banana, Chia Seeds, Granola,  
Honey, Berries & Coconut or Almond Milk

#### Green Glow

Coconut Milk, Apple, Avocado, Flax Seeds,  
Celery, Spinach & Ginger

#### Energy Boost

Papaya, Banana, Dates, Lime & Coconut Milk

#### Mango-a-Go-Go

Mango, Passion Fruit, Orange & Chia Seeds

#### Vitality

Strawberries, Pineapple & Vanilla Extract

#### Lean Machine

Cranberry, Mixed Berries, Spinach & Flax Seed Oil

### HOT SHOT £3

Ginger, Lemon Juice

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SERVED UNTIL  
4PM

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