

## Detoxer's Menu

*Alkalizing*

*Cleansing*

*Plant Based Nutrition*

## Drinks

**Drinking Water 1.5l Bottle** 40

**Evian Mineral Water 1.5l Bottle** 110

**Fresh Coconut** 65

**Liver Flush** 125

Detoxifying drink made of lime, orange, garlic, ginger, cayenne pepper and olive oil.

## Local Herbal Teas

Cup 50/Pot 100

### Lemongrass, Mint and Ginger

Soothing tonic promoting digestion. Aids in inflammation, headaches and congestion.

### Ginger

Ginger root aids digestion and increases blood circulation. It is a powerful antibiotic, antiseptic and widely used for its anti-inflammatory properties.

### Butterfly Pea

Blue flower from the island, natural antidepressant, boosts immunity and increases vitality, improves eyesight and restores hair.

### Hibiscus

Crimson Roselle flower, powerful antioxidant and antibacterial, reduces blood pressure, hypertension and anxiety. This infusion is recognized as diuretic, emollient and laxative.

### Bael Fruit

This fruit comes from an ancient ayurvedic tree with spiritual and medicinal importance. Harmonizes the digestive functions, regulates blood sugar and cholesterol levels and supports the respiratory system.

### Lemongrass

Cool, dry and yang in nature, refreshing and widely used for its antibacterial and antifungal properties.



# Elixirs

*50ml Magical Shots, Powerful, Potent and Straight to the Point*

## Alkalizer

Baking soda, lime and a touch of sea salt.  
Balances the pH levels of the body. Reduces the likelihood of headaches whilst fasting and is ideal for coffee drinkers going through withdrawal.

40

## Lymph Flush

Cinnamon and clove infusion.  
Stimulates and cleanses the lymphatic system which may get overloaded whilst fasting as it is busy removing old toxins from the body.

40

## Ginger

Cold-pressed ginger juice with a splash of lime.  
Boosts energy levels and reduces inflammation.

60

## Anahata

Kale, mustard greens, parsley, celery and Thai basil.  
These greens produce chlorophyll, which oxygenate the body and help release toxins.

60

## Turmeric

Fresh turmeric juice with a splash of lemon and a touch of black pepper. Traditional Asian cure used for reducing inflammation and alkalizing the body.

60

## Enzyme

Green papaya juice with a splash of pineapple, loaded with digestive enzymes. Assists in the elimination of toxins and waste. Taken after fasting to help assist in digestion.

60

## Chelation

Cilantro and garlic. A simple and natural way to remove heavy metals from the body. Sounds odd, but worth a try.

60

## Wellness

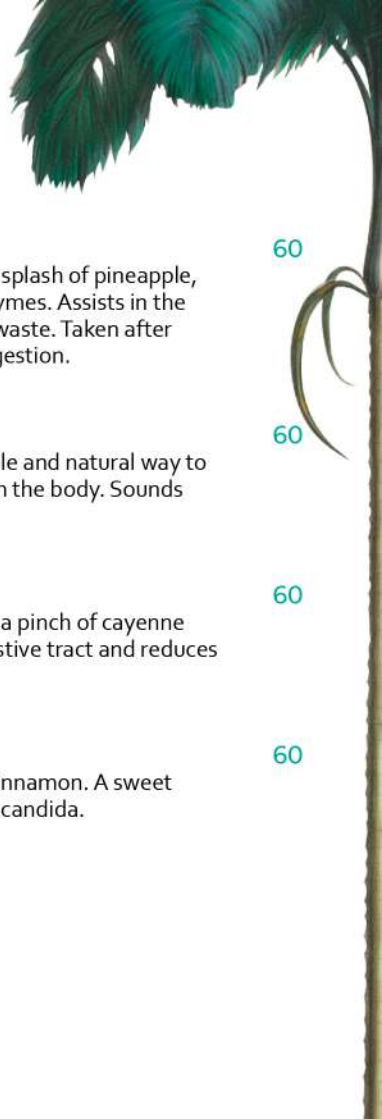
Celery, lemon, ginger and a pinch of cayenne pepper. Cleanses the digestive tract and reduces inflammation.

60

## Apple Snap

Green apple, ginger and cinnamon. A sweet treat to combat fungi and candida.

60



## *Fresh Juices* S 110/M 150

### **Heaven & Earth**

Carrot and pineapple

### **Manipura Zest**

Carrot and ginger

### **Energy Burst**

Turmeric, carrot, cucumber, celery, apple and ginger

### **ABC**

Apple, beetroot and carrot

### **Glowing Green**

Cucumber, green apple, Thai kale, mint, celery and lime

### **Immunity**

Orange, carrot and celery

### **Pink Punch**

Pineapple, beetroot and ginger

### **Mother Earth**

Beetroot, celery, carrot and ginger

### **Go Green**

Cucumber, celery, Thai kale, ginger and lime

### **Green Goddess**

Broccoli, Thai kale, green apple and celery

### **Morning Boost**

Pineapple, celery, carrot, green coriander leaf and lime

## *Create your own juicy reality*

Choose 2 or More: Carrot/Pineapple/Watermelon/Orange/Apple

## *Orion's Garden*

### **Wheatgrass Extract**

80

Freshly juiced, rich in antioxidants and enzymes, wheatgrass improves digestion, purifies the blood, increases energy and strengthens the body's immune system.

Our homegrown source of living chlorophyll!

## *Detoxer's Potion*

### **Goodbye Fun-guy**

120

This recipe was developed to help fight candida when combined with an appropriate diet. Pineapple with its fungus killer bromelain, Thai kale to counteract fructose, coconut oil rich in lauric acid (a powerful antifungal), ginger with it's anti-inflammatory gingerol and cinnamon the antiallergic spice, blended together to create a potent and delicious smoothie!



# Dr. Food

## Pre-cleanse Options

### Fruit Bowl GF RAW SF NF 120

Fresh mango, papaya, pineapple and dragon fruit.

### Som Tam GF S 90/M 150

#### (Thai Papaya Salad)

Grated green papaya and carrots, green beans, cherry tomatoes and peanuts with our healthy version of the traditional Thai dressing - garlic, soy sauce, lemon, chili and palm nectar.

\*Ask for no peanuts

### Mixed Herb Salad GF RAW SF NF 150

Highly nutritious blend of finely chopped mustard-greens, kale, basil, cilantro, dill, spring onions and cherry tomatoes. Accompanied by our ginger lime tahini and a side of salsa.

### Middle Eastern Salad GF RAW SF NF 150

Tomato, cucumber and onion mixed with finely chopped cilantro. Fresh and Juicy! Served with lemon and olive oil dressing.

### Mango Salad GF RAW SF NF 160

Diced mango, cucumber, sunflower sprouts, cherry tomato and green onion. Served with lemon and olive oil dressing.

### Indian Salad GF RAW SF NF 160

Cauliflower, carrots, raisins and fresh coriander mixed in a turmeric spiced tahini dressing.

### Raw Pad Thai GF RAW SF NF 160

A mouthwatering blend of raw spiralized zucchini, grated carrots, shredded pumpkin, red cabbage, green onions, coriander, black sesame seeds, weaved together in our homemade sugar-free tamarind sauce.

### Raw Cauliflower Rice GF RAW SF NF 180

Refreshing and healthy cauliflower rice mixed with chopped mustard greens, spring onions and red bell pepper. Served on a bed of lettuce, purple cabbage and cherry tomatoes and accompanied by our tropi-kale pesto.

## Breaking-fast Options

### Little Papaya Bowl GF RAW SF NF 60

Ease your way into eating with the support of papayas natural digestive enzymes. Served with lime to aid digestion. Detoxer's favourite choice!

### Plant Medicine GF RAW SF NF 120

Blended broccoli, Thai kale, pineapple, celery and our super green mix. Great booster after your cleanse!

### Raw Cucumber and Spirulina Soup GF RAW SF NF 160

Super fresh and revitalizing cucumber, ginger, Thai basil and kale soup spiked with spirulina.

### Raw Coconut Soup GF RAW SF NF 160

Tasty and energizing! Blended young coconut meat and water with kaffir lime leaves, lemongrass, leafy greens, tomato, coriander and garlic.



## Post-cleanse Options

### Little Papaya Bowl **GF RAW SF NF** 60

Ease your way into eating with the support of papayas natural digestive enzymes. Served with lime to aid digestion

Add Coconut Yogurt +25

### Mixed Herb Salad **GF RAW SF NF** 150

Highly nutritious blend of finely chopped mustard-greens, kale, basil, cilantro, dill, spring onions and cherry tomatoes. Accompanied by our ginger lime tahini and a side of salsa.

### Middle Eastern Salad **GF RAW SF NF** 150

Tomato, cucumber and onion mixed with finely chopped cilantro. Fresh and Juicy! Served with lemon and olive oil dressing.

### Mango Salad **GF RAW SF NF** 160

Diced mango, cucumber, sunflower sprouts, cherry tomato and green onion. Served with lemon and olive oil dressing.

### Raw Cauliflower Rice **GF RAW SF NF** 180

Refreshing and healthy cauliflower rice mixed with chopped mustard greens, spring onions and red bell pepper. Served on a bed of lettuce, purple cabbage and cherry tomatoes and accompanied by our tropi-kale pesto.

### Raw Gazpacho **GF RAW SF NF** 160

Tomato, cucumber, red bell pepper, garlic, onion and olive oil. Sunny!

### Green Sprout Salad **GF RAW SF NF** S 100 M 160

Green leaves, carrots, grated pumpkin, green mung beans sprouts and purple cabbage. Served with homemade mango and kaffir lime leaves dressing.

\*Ask for Orange-olive Oil Dressing

### Raw Rainbow Sushi **GF RAW NF** 200

Cauliflower rice mixed with mung bean sprouts, red cabbage, shredded carrots and pumpkin, hugged in a nori sheet, served with a soy-sesame dressing, wasabi and pickled ginger.

### Phangan Roots **GF SF NF** 180

Broccoli, cauliflower, carrot, sweet potato, daicon, green beans and pumpkin lightly steamed and served with our tahini dressing, lime and cosmic purple sauerkraut. Earthy and delicious!

### Steamed Greens **GF SF NF** 120

A smaller and lighter option with steamed broccoli, long beans and zucchini served with tahini dressing.

### Blended Vegetable Soup **GF SF NF** 100

A variety of cooked root vegetables blended together with ginger and garlic. Warming and grounding!

\*Available After 5 p.m.

### Watermelon Plate 150

