MENU

HEALTH GENERATION
WELLNESS ELEVATED

COLD-PRESSED JUICES



SUPER GREENS (MASTER CLEANSE) — P62.50
Spinach, Apple, Cucumber, Lemon & Celery

CARROT JUICE (DAILY DETOX) — P62.50
Carrot, Pineapple, Apple (Green) & Ginger

BEET MASTER (RECOVERY) — P62.50
Beetroot, Apple (Red), Ginger & Lemon

CITRUS QUENCH (IMMUNE BOOSTER) — P66.00
Apple (Green), Pineapple, Mint & Lemon

WATERMELON MANIA (HYDRATE) — P62.50
Watermelon, Pineapple, Apple (Red) & Ginger (Seasonal)

MINT MELODY (COOL DOWN) — P62.50
Mint, Cucumber, Apple & Pineapple

INDEPENDENCE AVENUE (IT'S ALL YOU) — P74.50
Pick 2/3: Pineapple, Orange, Apple, Carrot, Spinach, Green Pepper, Lemon, Cucumber, Beetroot Apple

INDEPENDENCE BOTTLE JUICE — P49.50
Pick 2/3: Pineapple, Orange, Apple, Carrot, Spinach, Green Pepper, Lemon, Cucumber, Beetroot Apple

ASSORTED BOTTLE JUICE — P44.50

SMOOTHIES



DAILY PROTEIN POWER (GYM RECOVERY) — P64.50
Banana, Raspberry, Strawberry, Protein shot & Ice

NUTTY PROFESSOR — P64.50
Banana, Granola, Apple (Green)

MANGO MANIA — P64.50
Banana, Mango, Pineapple

PINE BANANA SPLIT (SUPER POST WORKOUT) — P64.50
Pineapple, Banana, Strawberry, Blueberries & Ice

IRONMAN — P69.50
Peanut Butter, Banana, Milk, Blueberries, Ice, Fat Free

GREEN HEALER — P64.50
Pear, Banana, Spinach, Coconut Oil

VEGGIE PROGRESSIVE GREENS — P64.50
Carrot, Green Pepper, Orange, Apple (Red) & Avocado

INDEPENDENCE AVENUE (IT'S ALL YOU) — P79.50
Pick your Base: Banana, Pear Juice. Pick 2/3 Boosters: Raspberries, Blueberries, Strawberries, Protein Shot, Mango, Pineapple, Orange, Apple, Carrot, Spinach, Green Pepper, Coconut Oil, Lemon, Cucumber, Beetroot, Almond Nuts

MENU

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WELLNESS ELEVATED

WRAPS

BALSAMIC CHICKEN — P69.50
Balsamic Chicken Breasts, Tomato, Cucumber, Lettuce, Avocado, Spring Onion, Low-Fat Dressing

LETTUCE — P45.50
Lettuce, Avocado, Cherry Tomato, Carrot, Cheese, Beetroot, Homemade Low-Fat Dressing

TUNA WRAP — P58.50
Tuna, Avocado, Sun-dried Tomatoes, Mozzarella, Lettuce, Parsley, Low-Fat Dressing, Salt & Pepper

SALMON — P75.00
Salmon, Lettuce, Avocado, Tomato, Raisins, homemade Low-Fat Dressing

SALADS

CHICKEN SALAD — P67.50
Lettuce, Chicken, Avocado, Cherry Tomato, Corn, Almond Nuts, Cheese, Beetroot, Medium/Large Homemade Low-Fat Dressing

GREEN BOWL — P67.50
Lettuce, Sun-dried Tomato, Broccoli, Avocado, Green Peas, Onions, Olives, Cheese, Homemade Low-Fat Dressing

SALMON OMEGA SALAD — P74.50
Broccoli, Baby Peas, Baby Spinach, Salmon, Parmesan Cheese, Avocado, Salt & Pepper, Dressing (Balsamic Vinegar & Virgin Olive Oil)

SANDWICHES

CHICKEN AVOCADO — P48.50
Chicken Breast, Avocado, Basil, Lettuce, Low-Fat Dressing, and Tomato

SALMON — P54.50
Salmon, Lettuce, Avocado, Tomato, Raisins, homemade Low-Fat Dressing

GRANOLA — P62.50
Served with Low-Fat Plain Yoghurt, Pick 3 Fruits

ON EARTH (VEGETARIAN) — P40.50
Avocado, Sun-dried Tomatoes, Lettuce, Mozzarella, Parsley, Salt & Pepper

ELIXIR SHOTS

Orange, Ginger & Cayenne	**P38.50**
Lemon, Ginger & Cayenne	**P38.50**
Moringa	**P30.00**
Ginger	**P32.50**
Wheat Grass	**P30.00**
Turmeric, Ginger & honey	**P30.00**
Charcoal	**P30.00**

SNACKS

Fruit Snacks
P25.00

Veggie Snacks
P25.00

MUFFINS
Assorted
P25.00

HOT BEVERAGES

Coffee - **P40.00**

Decaf Coffee - **P35.00**

Cappuccino - **P35.00**

Single Espresso -**P35.00**