

# *La Vida Juices and Smoothies*

WE DELIVER ALL OF OUR JUICES AND SMOOTHIES IN RE-SEALABLE 1 LITRE GLASS BOTTLES WHICH WE WILL COLLECT EITHER THE SAME DAY OR UPON THE NEXT DELIVERY. €10/LITRE

WE CAN ALSO DELIVER GINGER SHOTS IN THE SAME FORMAT AND CAN PROVIDE YOU WITH SHOT GLASSES (AGAINST A DEPOSIT) WHICH WORKS OUT AT 50¢ PER 50ML SHOT



# La Vida Just Juices



- **VITAMIN BUSTER**

ORANGE, LIME, APPLES

- **GREEN SUPER FUEL**

APPLES, COURGETTE, LIME, BABY LEAF SPINACH

- **JUICE WHAT THE DOCTOR ORDERED**

CARROT, APPLE, GINGER, LEMON, RAW BEETROOT,  
CELERY

- **COOL AS CUCUMBER**

CUCUMBER, APPLE, MELON, LIME, LEMON

- **BRIGHT EYES**

CARROT, GINGER, ORANGE

- **TURMERIC TOPPER**

TURMERIC, ORANGE, CARROT

- **THE CARIBBEAN CRUSH**

PINEAPPLE, LEMON, ORANGE

- **DREAMY DETOX**

APPLE, LEMON, CUCUMBER, CELERY, GINGER

- **GREEN GODDESS**

APPLE, LEMON, CUCUMBER, KALE, SPINACH, CARROT,  
CELERY

- **PEAR RICKY**

PEAR, VANILLA, MINT, APPLE



# La Vida Super Smoothies



- **BREAKFAST PINA COLADA**

PINEAPPLE, COCONUT CREAM, CINNAMON

- **BRAZILIAN SUPERFOOD**

PINEAPPLE, ORANGE, ACAI BERRY/GOJI BERRY,  
CRUSHED ICE

- **SWEET HONEY SMOOTHIE**

ORANGES, HONEY, KIWI, BANANA, ICE

- **BERRY BERRY**

BERRIES, BANANA, YOGHURT

- **PEACH MELBA**

PINEAPPLE, BANANA, HONEY, PINEAPPLE

- **STRAWBERRY BURST**

STRAWBERRY, BANANA, APPLE

- **MANGOLICIOUS**

MANGO, PINEAPPLE, ORANGE JUICE, YOGHURT

- **STRAWBERRIES AND CREAM**

STRAWBERRIES, VANILLA BEAN, YOGURT, APPLES

- **PINK PASSION**

PINK GRAPEFRUIT, STRAWBERRIES, YOGURT, PASSION  
FRUIT JUICE

- **MANGO LASSI**

MANGO YOGHURT

