

superfood smoothies

bulldozer 10 **kickstart** 10
ve gf mtr v gf df mtr
vanilla whey protein, banana, ground flax seeds, chia seeds, almond butter, cashew milk
organic raw cacao, organic acai, banana, almond butter, date puree, cashew milk

the goodlife 10 **mean green** 10
v df mtr v gf df
blueberries, banana, whole oats, cinnamon, almond butter, date puree, cashew milk
kale, spinach, banana, mango, pineapple, coconut water

berry powerful 10 **magic mud** 10
v gf df v gf df mtr
organic goji berries, strawberries, boysenberries, pineapple, spinach, date puree, coconut water
organic spirulina, blueberries, strawberries, banana, date puree, cashew milk

cocobanana 10 **deep purple** 10
ve gf df v gf df
bee pollen, banana, pineapple, coconut butter, coconut water, cashew milk
organic camu camu berry, blueberries, boysenberries, banana, mango, avocado, orange juice, cashew milk

v vegan ve vegetarian gf gluten free df dairy free mtr meal replacement

açai bowls

mixed berry açai 10 **authentic açai** 12
ve df v df
organic açai, blueberries, boysenberries, banana, cashew milk, homemade granola
organic açai, guaraná, banana, homemade granola

*cashew milk and almond butter are homemade every day

why choose 100% cold-pressed juice?

Cold-pressed juice is both 'raw' and 'unpasteurised' which basically means none of the nutrients are lost, sterilised, or destroyed via pasteurisation.

Commercially manufactured juice is first cooked (pasteurised) and then artificial preservatives are added, dramatically increasing its shelf life. Have you ever wondered why supermarket juice lasts for months and months? Well, that's why.

Essentially, by the time you drink a supermarket juice you're ingesting a pile of sugar and some chemicals, and as a result, your stomach has a hard time differentiating between it and Coca-Cola.

Conversely, our cold-pressed juice is made fresh daily, has a shelf life of 72 hours, and only contains the natural ingredients listed on the label - delivering maximum nutrition and taste.

Using a hydraulic press to slowly cold-press fruit and vegetables, we extract the greatest amount of juice without the use of heat (pasteurisation) or hydrostatic pressure (HPP). And since no heat is applied, our cold-pressed juice retains nearly 100% of its live enzymes, vitamins and minerals.

Simply put, our cold-pressed juice is the purest and healthiest thing you can put in your body each and every day!

why do a juice cleanse?

How would you feel if you never had a day off? Like you, your body needs a rest once in awhile. Cleansing is a great way to 're-boot' your body's hard drive and give your digestive system a well deserved break.

Because all the fibre has been removed, a juice cleanse allows the vital organs responsible for ongoing detoxification (liver, kidney, skin, and lungs) to focus on repairing themselves, which in turn gives your immune system a nice boost.

And since the vitamins and minerals in freshly pressed juice are so easily digested, they provide a near immediate nutrient blast directly into your bloodstream - leaving you feeling energised throughout the day.

Giving your body a day off and a chance to help repair itself... priceless. If you're interested in learning more about a one day juice cleanse please speak with one of our staff or visit goodlifejuice.co.nz/cleanse

our goodlife guarantee

We dare you to find a fresher, tastier, more nutritious juice anywhere. If you do, let us know, and your juice is on us!

www.goodlifejuice.co.nz

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mason jar salads

pesto chicken 13 **chicken caesar** 13
fr v gf mtr gf fr
grilled chicken, parmesan, orzo, cucumber, baby spinach, pesto dressing
grilled chicken, bacon, parmesan, egg, cos, caesar dressing

jerk mango 13 **prawn avocado** 14
df fr gf df
grilled jerk chicken, roasted kumara, mango, quinoa, capsicum, black beans, baby spinach, apple balsamic dressing
tiger prawn, capsicum, red onion, smoked black rice, baby spinach, avocado dressing

honey mustard 13 **almond satay** 13
gf df fr df fr
grilled chicken, red grape, walnut, baby spinach, honey mustard thyme dressing
grilled chicken, apple, radish, quinoa, baby spinach, sesame almond dressing

broccoli pesto 12 **beetroot quinoa** 12
ve ve gf
broccoli, sun-dried tomato, grilled capsicum, parmesan, fusilli pasta, baby spinach, pesto dressing
roasted beetroot, feta, orange, quinoa, walnut, roasted kumara, baby spinach, beetroot dressing

v vegan ve vegetarian gf gluten free df dairy free fr free range chicken

raw soaked oatmeal

apple cinnamon 8 **choc banana** 9
ve df ve df
whole oats, apple, cinnamon, raisins, almond flakes
whole oats, banana, cinnamon, organic cacao nibs, almond butter

*oats are soaked overnight in cashew milk, honey, and vanilla extract