

Wellness Vegan Green Juice Cleanse Sample Menu

	Day 1	Location
Arrival Juice	<i>Glorious Greens</i> Celery, broccoli, spinach, parsley & wheatgrass	The Bar
Dinner 6.00pm	Soup of the Day (free from wheat & dairy) No bread	The Restaurant
	Day 2	Location
On rising	Fresh lemon & warm water	Make in room
Breakfast 7.30-10.30am	Morning shot Raw cacao and spirulina smoothie bowl	The Restaurant
Mid morning juice 10.30-11.00am	<i>Beeta-carotene</i> Carrot, beetroot & ginger	The Bar
Lunchtime juice	<i>Glow</i> Cucumber, spinach, celery, parsley & lime	The Bar
Mid afternoon juice	<i>Mean Green</i> Celery, kale, cucumber, lemon & ginger	The Bar
Dinner 6.00pm	Soup of the Day (free from wheat & dairy) No bread)	The Restaurant
	Day 3	Location
On rising	Fresh lemon & warm water	Make in room
Breakfast	Morning shot Chia Breakfast Pudding	The Bar
Mid morning juice 10.30-11.00am	<i>Beeta-carotene</i> Carrot, beetroot & ginger	The Bar
Lunchtime juice	<i>Mighty Greens</i> Carrot, courgette, celery, cucumber, spinach, spirulina	The Bar
Mid afternoon juice	<i>Glorious Greens</i> Celery, broccoli, spinach, parsley & wheatgrass	The Bar
Dinner 6.00pm	Soup of the Day (free from wheat & dairy) no bread)	The Restaurant

	Day 4	Location
On rising	Fresh lemon & warm water	Make in room
Breakfast 7.30-10.30am	Morning shot Raw Cacao and Spirulina Smoothie Bowl	The Bar
Mid morning juice 10.30-11.00am	<i>Beeta-carotene</i> Carrot, beetroot & ginger	The Bar
Lunchtime juice	<i>Minty Green</i> Cucumber, spinach, mint, coconut water	The Bar
Mid afternoon juice	<i>Glorious Greens</i> Celery, broccoli, spinach, parsley & wheatgrass	The Bar
Dinner 6.00pm	Soup of the Day (free from wheat & dairy) No bread	The Restaurant

	Day 5	Location
On rising	Fresh lemon & warm water	Make in room
Breakfast	Morning shot Chia Breakfast Pudding	The Restaurant
Mid morning juice 10.30-11.00am	<i>Beeta-carotene</i> Carrot, beetroot & ginger	The Bar
Lunchtime juice	<i>Mighty Greens</i> Carrot, courgette, celery, cucumber, spinach, spirulina	The Bar