

Date:

Juice Cleanse Sample Menu

Name:

Room:

Day 1

Location

Arrival Juice	Green Goddess Apple, lemon, lime, spirulina <i>Deliciously fresh, perfect for a boost of energy</i>	The Bar
Dinner 6.00-7.00pm	Soup of the Day (free from wheat & dairy) no bread	The Restaurant or Bar

Day 2

Location

On rising Breakfast 7.30-10.30am	Fresh lemon & warm water Mint & Moringa Breakfast Bowl	Delivered outside room The Restaurant
Mid morning juice 10.30-11.00am	Lifehouse Detox Carrot, beetroot, apple, ginger <i>A classic combination to support liver health</i>	The Bar
Lunchtime juice 12-2pm	Zinger Carrot, apple, lime, lemon, cucumber <i>Rich in vit C & silica, good for skin, hair & nails</i>	The Bar
Mid afternoon juice	Alkilator Pineapple, celery, apple, mint <i>Alkalisating tonic, great for digestion & joints</i>	The Bar
Dinner 6.00pm-7.00pm	Soup of the Day (no bread)	The Restaurant

Day 3

Location

On rising Breakfast 7.30-10.30am	Fresh lemon & warm water Fresh fruit platter	Delivered outside room The Restaurant
Mid morning juice 10.30am-11.00am	Lifehouse Detox Carrot, beetroot, apple, ginger <i>A classic combination to support liver health</i>	The Bar
Lunchtime juice 12-2pm	Rejuve Apple, Kiwi, Pear, Celery <i>Delicate, light and refreshing</i>	The Bar
Mid afternoon juice	Clean Green Apple, celery, broccoli, spinach, parley, wheatgrass	The Bar
Dinner 6.00pm-7.00pm	Soup of the Day (no bread) <i>Delicate, light and refreshing</i>	The Restaurant

Day 4

		Location
On rising	Fresh lemon & warm water	Delivered outside room
Breakfast 7.30-10.30am	Berry & Chia Breakfast pudding	The Restaurant
Mid morning juice 10.30-11.00am	Lifehouse Detox Carrot, beetroot, apple, ginger <i>A classic combination to support liver health</i>	The Bar
Lunchtime juice 12-2pm	Zinger Carrot, apple, lime, lemon, cucumber <i>Rich in vit C & silica, good for skin, hair & nails</i>	The Bar
Mid afternoon juice	Rejuve Apple, Kiwi, Pear, Celery <i>Delicate, light and refreshing</i>	The Bar
Dinner 6.00pm-7.00pm	Soup of the Day (no bread)	The Restaurant

Day 5

		Location
On rising	Fresh lemon & warm water	Delivered outside room
7.30-10.30am Mid morning juice 10.30-11.00am	Mint & Moringa Breakfast Bowl Lifehouse Detox Carrot, beetroot, apple, ginger <i>A classic combination to support liver health</i>	The Restaurant The Bar
Lunchtime juice 12-2pm	Zinger Carrot, apple, lime, lemon, cucumber <i>Rich in vitamin C & silica, good for skin, hair & nails</i>	The Bar
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