



COWDRAY

Juice Bar Menu

Acai Bowls £4.50

Acai Powder, Coconut Oil, Avocado, Banana, Dates, Berries
Packed with antioxidants and full of goodness

Chia Seed Puddings £3.50

Chia Seeds, Raw Honey, Yoghurt, Vanilla, Almond Milk
Rich in fibre, omega 3 fats, vitamins and minerals

Bircher Muesli £3.50

Apple, Oats, Almond Milk, Apple Juice, Yoghurt, Nuts, Dried Fruit & Honey
The breakfast to keep your heart healthy

Create your own smoothie – we provide the base, you choose the rest £3.50

Base: Banana, Berries, Spinach, Protein Powder,
Coconut Oil or Ground Seeds, Almond Milk or Apple Juice

Additional Extras – Add in any of these for an extra ‘shot’ of goodness in your smoothies, chia puddings or acai bowls (all 50p per shot)

- Fit Bites super food powder
- Fit Bites alkalising detox powder
- Maca Powder
- Lucuma Powder
- Nuts
- Flax Seed
- Seeds
- Bee Pollen
- Cocoa Nibs
- Mixed Berries
- Banana
- Goji Berries

Order your smoothie from the Café and collect from the Juice Bar when you leave

Power Smoothie £4

Chia Seeds, Raspberries, Banana, Frozen Yoghurt, Honey & Almond Milk

Nut Heaven £4

Banana, Peanut Butter & Almond Milk £4



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Hot Drinks

Coffee

Espresso £2.20
Macchiato or Double Espresso £2.20
Americano £2.80
Cappuccino £2.80
Latte £2.80
Flat White £2.90
Mocha £2.90
Babycino £1.20

Tea

All at £2

English Breakfast
Earl Grey
Decaffeinated
Detox
Peppermint & Liquorice
Turmeric
Elderberry
Green
Lemon & Ginger
Three Mint
Fresh Mint, Lemon or Ginger
infused Hot Water

Hot Chocolate

Hot Chocolate £3
Child's Hot Chocolate £2
With marshmallows add 50p

Cold Drinks

Southdown's Still or Sparkling
Water 330ml £2.00

Freshly Squeezed Orange Juice
£3.50

Cowdray Fresh Juices

Green Supreme – Cucumber,
Spinach, Pear, Apple & Lemon £4

Cold Buster – Cucumber, Beetroot,
Lemon, Apple, Celery & Fennel £4

Botanic Lab Juices

Cold Pressed Organic Juices
£6.50

Alkaline
Invigorate
Purify
Refuel
Shine

Plant Mylk £6.50
Awaken



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Turmeric
Elderberry
Green
Lemon & Ginger
Three Mint
Fresh Mint, Lemon or Ginger
infused Hot Water

Hot Chocolate

Hot Chocolate £3
Child's Hot Chocolate £2
With marshmallows add 50p

Cold Drinks

Southdown's Still or Sparkling Water
330ml £2.00

Freshly Squeezed Orange Juice
£3.50

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Spinach, Pear, Apple & Lemon £4

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