

COFFEE

CACAO ICED COFFEE	8
Double Espresso, Banana, Almond milk, Cacao <i>Energising, potassium, magnesium</i>	
CACAO-COCO ICED COFFEE	10
Double Espresso, Banana, Coconut Milk, Almond Butter, Cacao, Dates, Walnuts, Coffee Beans <i>Energising, essential fats, potassium, magnesium</i>	
MATCHA ICED LATTE	8
Matcha Green Tea, Coconut Milk, Honey <i>High in antioxidants, good for brain function</i>	

FERMENTED

Good bacteria for healthy digestive system

KOMBUCHA LEMON (ZERO)	6
KOMBUCHA GINGER (ZERO)	6
KOMBUCHA RASPBERRY	6

JUICES

Our juicer uses a twin gear system that leaves the enzymes and nutritional value of the vegetable and fruit unaffected by the juicing process.

CLEANSE SHOT	4
Ginger, Lime, Lemon, Cayenne Pepper <i>Detoxifying and boosts metabolism</i>	
ANTIBACTERIAL & DIGESTIVE SHOT	5
Green Apple, Oregano, Honey <i>Soothing and anti-microbial</i>	
FRESH ORANGE JUICE	7
<i>High in vitamin C</i>	
SEASONAL FRUIT BLEND	8
A seasonal selection of fruit combined in our juicer	
SUMMER GREEN	8
Pineapple, Cucumber, Mint, Lime <i>Anti-inflammatory and digestive</i>	

CARROT, TURMERIC & GINGER	9
Lemon, Ginger, Pineapple, Turmeric, Carrot <i>Energising, anti-inflammatory</i>	
HERBAL RETREAT	8
Mint, basil, ginger, lemon, cucumber, cayenne pepper (optional) <i>Metabolises fat, good for metabolism</i>	
TAILOR MADE	10
Customise your fresh juice. Ingredients subject to availability.	

SMOOTHIES

GREEN DETOX	10
Baby Spinach, Green Apple, Cucumber, Ginger, Almond milk, Lemon Juice, Honey <i>Detoxifier and alkalizing</i>	
AÇAÍ REJUVENATOR	12
Mango, Raspberries, Banana, Açai Berry, Almond Butter, Almond Milk, Oats <i>Rejuvenating, packed with vitamins & antioxidants</i>	
THE ULTIMATE CHOCO SMOOTHIE	10
Almond Milk, Coconut Milk, Avocado, Banana, Cacao, Cacao Nibs. <i>Iron & magnesium</i>	
BLUEBERRY YOGHURT	12
Blueberries, Almond Milk, Honey, Oats, Cinnamon, Vanilla, Almond Butter, Flaxseeds, Greek Yoghurt <i>Antioxidants, stabilises blood sugar</i>	
THE BEE	11
Almond Milk, Banana, Bee Pollen, Honey, Tahini, Cinnamon, Greek Yoghurt <i>Protein, amino acids & vitamins</i>	
TROPICAL SUPERFOOD	10
Spinach, Banana, Pineapple, Almond Butter, Baobab, Spirulina <i>Immune support, protein, essential fats</i>	
TAILOR MADE SMOOTHIE	13
Customise your fresh smoothie. Ingredients subject to availability.	

We will be happy to substitute any ingredients for you, provided they are available. To ensure the highest quality of fruit and vegetables, all ingredients are subject to the seasons.

HERBAL TEAS

FRESH MINT

4

Fresh mint handpicked from our garden. Good for soothing the digestive system with antispasmodic effects.

Naturally caffeine-free

FASKOMILO

4

Organic Local Sage.

Anti-inflammatory, helps to balance the body's systems and is anti-bacterial.

Naturally caffeine-free

VOUNO

4

Organic Greek Mountain Tea (Ironwort) grows throughout Greece. It has an earthy, slightly sweet and soothing taste. It is good for the digestive health and contains natural antioxidants. It boosts the immune system and reduces inflammation and can also help to reduce blood pressure while relaxing the blood vessels. It is also anti-microbial and can help to fight Alzheimer's disease.

Naturally caffeine-free

HERBAL BLENDS

GAIA

6

Hibiscus, Verbena, Dandelion. A detoxifying blend for the liver, high in vitamin C and antioxidants and supports the eliminatory systems of the body.

Naturally caffeine-free

OLYMPUS

6

Fennel, Stinging Nettle, Thyme, Mountain Tea, Sage, Chamomile. A detoxifying blend, helping with digestion, inflammation and boosting the immune system.

Naturally caffeine-free

ANOSIA

6

Echinacea, Lapacho, Orange Peel, Pomegranate. Created specifically for the immune system, with high levels of vitamin C and antioxidants. The perfect blend for supporting the body's systems.

Naturally caffeine-free

ARMONIA

6

Sage, Rose Buds, Lemon Balm, Saffron. A balancing blend helping to harmonise the digestive and hormonal systems along with anti-inflammatory and mood lifting effects.

Naturally caffeine-free

EVEKSIA

6

Organic Mountain Tea, Lemon Peel, Dittany, Ginger. A digestive blend for wellbeing that stimulates digestion, purifies from within and nourishes the body.

Naturally caffeine-free

HALAROSI

6

Lavender, Chamomile, Passion Flower, Linden. A relaxing blend, soothing for the body and mind. Helps to reduce stress and has a calming effect on the nervous system.

Naturally caffeine-free

GREEN TEA

BERGAMOTO

6

Green Tea, Bergamot, Cornflower. A health tonic for inflammation and brain function, inspired by the bergamot trees surrounding the retreat with a zesty fragrance.

ENERGIA

6

Green Tea, Green Coffee Beans, Cacao Nibs, Mate, Chamomile. An enerving blend. High in antioxidants, minerals and helps with the functioning of the brain. It has a full and caramel-like taste.

MASTICA

6

Green Tea, Masticha, Almond Flakes. The signature and earthy taste of Chios island. Mastica has a musky aroma with flavours of pine and wood. It helps with digestion while the smooth taste pairs perfectly with the fullness of the almond.

RISI

7

Matcha Green Tea, Rosted Rice. A potent dose of antioxidants giving a bitter taste, combined with a full and nutty flavour from the roasted rice.

YIASEMI

6

Green Tea, Jasmine Flowers. A blend for the soul. The intoxicating scent and flavour of Jasmine, reminiscent of summer evenings.

ROOIBOS TEA

CANELLA

6

Rooibos Tea, Cacao Nibs, Cinnamon, Cardamom, Chicory. An aromatic and exquisite delight. High in antioxidants, iron and minerals, helps to balance blood sugar levels and detoxify the liver.

Naturally caffeine-free

PORTOKALI

6

Rooibos Tea, Orange Peel, Rose Buds. A smooth and fragrant blend, high in antioxidants, iron and minerals with wonderful mood-lifting effects.

Naturally caffeine-free