



ZEN SIPS

MENU

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SMOOTHIE BLISS

400ML



SMOOTHIE BLISS

SERENITY BERRY \$12
210 KCAL

PROTEIN 2.5	CARBS 46	Blueberries - Strawberries - Banana - Almond Milk - Honey - Ashwagandha
FATS 2.5	FIBER 6	

Stress Relieving & Antioxidant Rich

\$12 AFRO ZEN
320 KCAL

Almond Butter/ Peanut Butter - Banana - Cacao Powder - Chia Seeds - Almond Milk - Dates - Macca Powder	PROTEIN 8	CARBS 46
	FATS 13.5	FIBER 9

Protein Packed & Hormone balancing

IBIZA SUNRISE \$12
190 KCAL

PROTEIN 3	CARBS 47	Pineapple - Mango - Lemon - Mint - Coconut Water - Shilajit
FATS 1	FIBER 5	

Energizing & Adaptogenic

\$10 GOLDEN SIP
200 KCAL

Mango - Coconut Milk - Turmeric - Cinnamon - Black Pepper - Honey	PROTEIN 2	CARBS 38
	FATS 5.5	FIBER 2.5

Anti-Inflammatory Gut Friendly

EMERALD ZEN \$13
205 KCAL

PROTEIN 8	CARBS 41	Spinach - Banana - Chia Seeds - Coconut Water - Matcha - Moringa
FATS 3	FIBER 11.5	

Rich in chlorophyll & Slow Releasing energy

SLOW-PRESSED JUICES



SLOW-PRESSED JUICES

GOLDEN GLOW \$10
125 KCAL

PROTEIN 2	CARBS 29	Orange - Carrot - Ginger - Turmeric - Lemon - Black Pepper
FATS 1	FIBER 1.5	

Boosts Immunity & Radiance

\$9 GARDEN TONIC
160 KCAL

Cucumber - Celery - Kale - Moringa - Pineapple - Green Apple - Lemon Seasonal Kiwi	PROTEIN	CARBS 36
	FATS 0.5	FIBER 6

Cleansing & alkalizing

BLOODY ROOTS \$9
165 KCAL

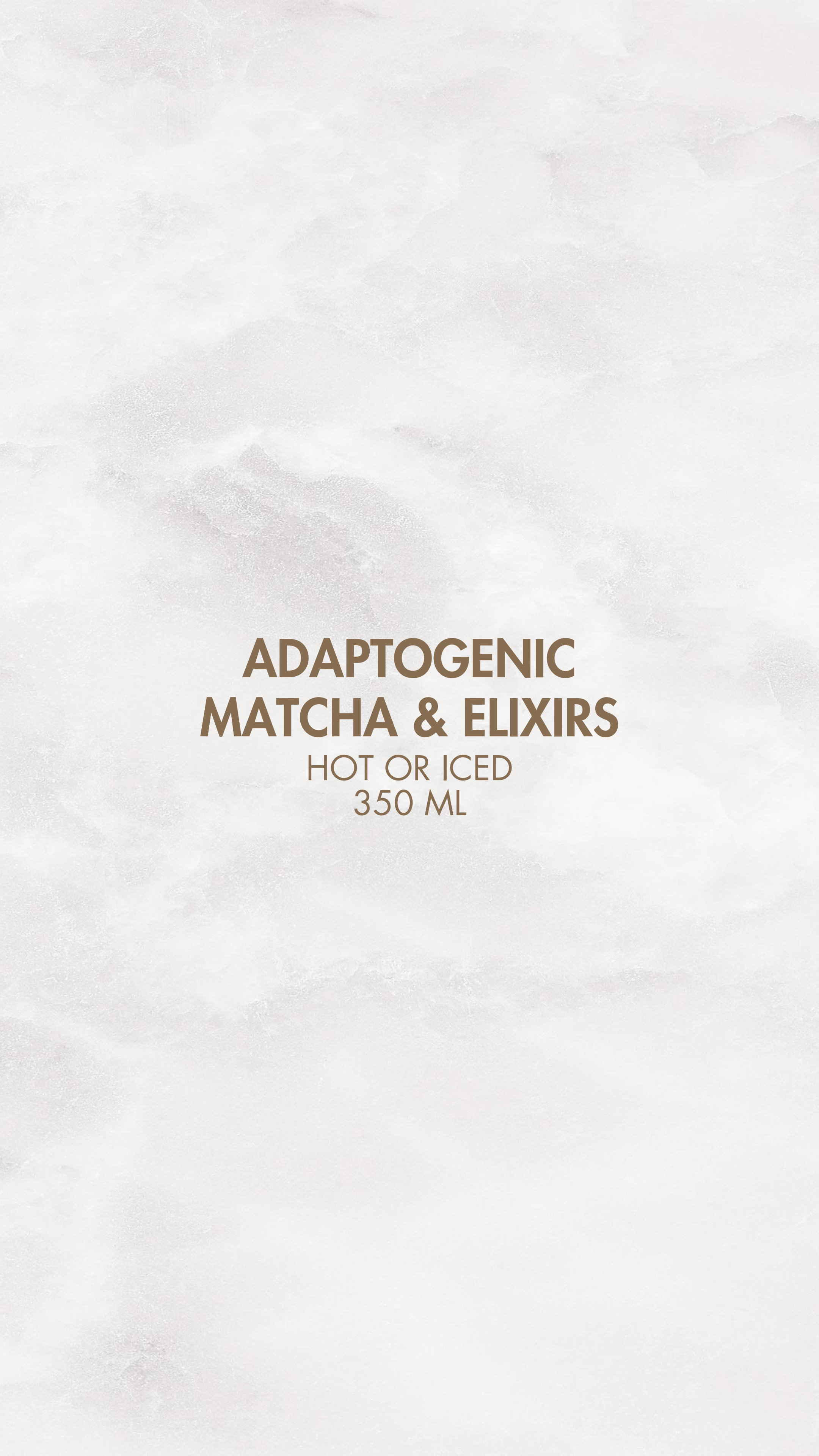
PROTEIN 0	CARBS 40	Beetroot Powder - Apple - Lemon - Ginger - Ashwagandha
FATS 0	FIBER 1	

Supports Endurance & Heart Health

\$8 APPLE PIE
150 KCAL

Red Apples - Cinnamon	PROTEIN 0	CARBS 37
	FATS 0	FIBER 0

Boost Digestion & Balance Blood Sugar

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ADAPTOGENIC MATCHA & ELIXIRS

HOT OR ICED
350 ML



ADAPTOGENIC MATCHA & ELIXIRS

MATCHA FLOW \$10

75 KCAL

Ceremonial Matcha - Honey -
Ashwagandha - Oat or Almond Milk

Focus & Relaxation In one cup

\$9 STRAWBERRY SILK

65 KCAL

Matcha, Strawberry Purée,
Vanilla, Almond Milk

Light, Anti-Inflammatory & Antioxidant-Rich

GOLDEN ZEN LATTE \$10

135 KCAL

Turmeric - Ginger - Cinnamon -
Honey - Black Pepper - Coconut Milk

Anti Inflammatory & Warming

\$12 SHILAJIT WARRIOR

140 KCAL

Shilajit - Cacao - Coconut Milk -
Honey - Cayenne

Strength & Stamina Enhancer



SHOTS



SHOTS

INNER FIRE \$4

30 KCAL

| Ginger - Turmeric - Lemon - Black Pepper -
| Raw Honey

Anti-Inflammatory . Immune-Boosting Antioxidant-Rich

*A powerful golden root blend to awaken
your system and ignite your inner fire spicy,
vibrant, and healing*

\$4 BLACK BLOOM

25 KCAL

Activated Charcoal - Lemon -
Coconut Water - Monk fruit |

Cleansing. Skin-Purifying . Gut-Friendly

*A detoxifying black elixir that gently clears
and rebalances - light, refreshing,
and beautifully grounding*



COFFEE
HOT OR ICED



COFFEE

KENYA ESPRESSO \$3.5
SINGLE

KENYA ESPRESSO \$4.5
DOUBLE

NICARAGUA AMERICANO \$4.5

RIO DECAF \$3.5
ADD ON LATTE \$5

CAPPUCCINO \$5

MOCHA \$5

HOT CHOCOLATE \$8

V60 \$7

SPECIALTY TEAS
BLUE TEA \$6
GINGER TEA \$6

TEA FUSION
A SELECTION OF TEAS \$5

CHILLED INFUSIONS
Rose Light \$2.5
Ice Tea Peach Light \$2.5
Ice Tea Lemon Light \$2.5

HEALTHY SNACKS
*Ask the waiter for today's
selection of healthy snacks*

ADD ON

Vanilla Light

Honey Vegan

Almond Milk

Caramel Light

Dark Chocolate Powder

Soy Milk

Hazelnut Light

Beetroot Powder

Lactose Free Milk

Chocolate Light

Oat Milk

Coconut Milk