

Fuel Your Day, Naturally

At Juiced, we blend nourishment with flavour, using high-quality, thoughtfully sourced ingredients to create energising smoothies and drinks.

Inspired by nature and global flavours, we prioritise fresh, nutrient-dense elements - organic where possible and always packed with goodness. Every ingredient is chosen for its taste and benefits.

Whether you're looking for a post-workout boost, a wholesome meal replacement, or just a delicious treat, our menu is designed to fuel your day the right way.

Barrington Coffee Drink

Maca Coco * **16oz. \$10.00**

Good for the digestive system, heart and kidneys.

coconut water - coconut jelly - barrington coffee - dates - cocoa powder - maca powder himalayan pink salt - cashew nuts
whey protein - splash of vanilla

The Club Healthy Choices



Peanut Punch Light * **16oz. \$10.00**

High in protein, fiber, and antioxidants, supports vitality, energy and muscle recovery, promotes heart health.

peanut butter - dates - banana - cinnamon - coconut milk - chocolate protein

Nutri Frosty * **16oz. \$9.50**

Protein-packed, antioxidant-rich, supports muscle recovery, boosts energy, and promotes heart health.

cacao powder - cacao nibs - chocolate protein powder - coconut milk - dates - cashews - banana

Immunity Shot

Return Bottle \$5.00

Boosts immunity, fights inflammation, aids digestion, natural detoxifier, increases circulation and metabolism

Keep Bottle \$6.00

fresh turmeric - ginger - pineapple - lemon juice - orange juice - cayenne - black pepper

Return your empty bottle and receive a \$1 discount

Bowls

Açaí Bowl * **\$10.00**

Considered the no1 super food, this berry from the Amazon rain forest helps lower cholesterol, accelerates the metabolism and is a powerful antioxidant that's high in Vitamin C! It helps boost the immune system, and also contains flavonoids which delay the effects of aging.

açaí - strawberry - orange - granola - coco bluff coconut

Toppings:

\$1.75 each

Fruits

Strawberry
Blueberry
Banana
Pineapple
Green apple

Seeds

Chia seed
Flaxseed

Healthy Crunch

Granola *
Cocoa nibs
Coco Bluff coconut
Cashew nuts *

Power-ups

chia seeds - flax seed - turmeric powder - cocoa nib **\$2.00**

maca powder - himalayan pink salt

whey protein (vanilla or chocolate) - vegan protein **\$3.00**

Happy Hour

Every Friday from 5pm at the Wicket Bar, enjoy **\$5 Brasserie Purveyors fine wines, craft beers, artisanal spirits, and refreshing mocktails**, approved by The Club for their healthy, balanced blends.

ASK US ABOUT OUR WEEKLY SPECIALS!

**contains nuts*

Juices

Freshly Squeezed Orange 12oz. \$7.00 16oz. \$9.00

Cleanses the digestive system and provides energy for the day.
orange

Earth, Wind & Fire 12oz. \$7.50 16oz. \$8.50

Multivitamins and minerals, supports the immune system, cleanses the body, excellent for heart and memory health.
beet - orange - carrot - spinach - ginger

Fountain of Youth 12oz. \$8.50 16oz. \$9.50

Aids weight loss, helps healthy skin, strengthens bones and teeth, boosts immunity, energises.
spinach - pineapple - strawberry - honeydew - agave

Green Machine 12oz. \$7.75 16oz. \$8.75

Energising, aids in weight loss.
pineapple - spinach - honeydew - cucumber - coconut water

Young & The Restless 12oz. \$7.75 16oz. \$8.75

Energising, strengthens bones, skin health, improves digestion, lowers cholesterol.
green apple - spinach - celery - cucumber - ginger - lime

Create your own

Choose 2 fruits or veggies + 1 liquid 12oz. \$7.50 + 1 natural sweetener + 1 add on 16oz. \$8.50

Fruit

pineapple - lime - orange - banana - apple - strawberry - blueberry

Veggie

daily greens - beet - carrot - cucumber - celery - spinach

Liquid

coconut water - almond milk

Natural Sweetener

agave - honey - date - vanilla

Add-ons

turmeric - ginger - matcha powder - spirulina - carob powder - flaxseed

Smoothies

The Heartbeet 16oz. \$9.00

Anti-aging, rich in iron, heart healthy, vitamins A and C, high in protein, improves eye vision.
beet - carrot - mango - ginger - lime - banana - green apple

Wake Me Up 16oz. \$9.50

Energising, brain booster, high in vitamin C.
mango - strawberry - orange - soursop

Garden Green 16oz. \$9.00

Aids weight loss, hydrating, eliminates toxins, energising.
avocado - spinach - cucumber - green apple - lime - agave

Peanut Punch * 16oz. \$10.00

Meal replacer, high in fibre, protein and antioxidants, increases vitality, lowers cholesterol.
peanut butter - oats - banana - cinnamon - almond milk - vanilla protein

Açaí 16oz. \$10.00

A superfood full of vitamin C that accelerates the metabolism, lowers cholesterol and holds anti-aging properties.
açai (with energising guarana) - banana - housemade yoghurt - strawberry

Blueberry Bliss 16oz. \$10.00

Rich in protein, good for the heart and memory, high in antioxidants.
banana - whey protein - flaxseed - blueberry - almond milk - peanut butter

On The Green * 16oz. \$9.25

Energising, hydrating, aids in weight loss.
spinach - banana - almond butter - coconut water - cinnamon

Chocolate Date Paradise * 16oz. \$9.50

Rich in heart-healthy fats, fibre, and antioxidants.
chocolate tahini - dates - cacao nibs - cashews - banana - coconut milk

Protein Boost

+ add chocolate protein \$3.00

+ add vanilla protein \$3.00

+ add raw vegan protein \$3.00

*contains nuts