

Our mission is to make alternative eating healthy, tasty and exciting using Vegan and Vegetarian Recipes.

Not Just Juice is a small independent company based in Cheltenham, Gloucestershire, offering different ranges of products for the world of alternative eaters. Our ranges will cater for: 100% Organic Diets, Vegans, Gluten Free Diets, Diabetics, Dairy free and Raw Food Diets. All of the juices and salads that we create will be made by us to be as healthy as we can possibly make it, avoiding refined sugar where ever possible and substituting ingredients to make sure every product is packed with the minerals and nutrients your body needs!

not just juice

Breakfasts

Freshly made toast 2 slices per portion - £2.50
Served with: - marmalade, jam, marmite or vegemite.

Granola with Soya Yoghurt - £2.95

Fresh Fruit Salad with Soya Yoghurt - £3.50 small £4.50 large

Fruit Salad - £3 small £4 large

Soya Porridge £3.00

Bagel Toasted £2.50
Served with: - marmalade, jam, marmite or vegemite.

Salads

Mixed Bean Salad £5.95

Nuts and Pickled Beetroot Salad - £5.95

Mixed Lentil Salad - £5.95

Olive Salad £4.95

Tofu and Spinach Salad- £5.95

Raw Kale and Avocado Salad £5.95

Alfalfa and Sprouts Salad £5.95

Pesto Pasta Salad - £5.95

Mains

Full Mezze (falafels, vine leaves, olives, butter beans, okra, sundried tomatoes, pitta bread) Hummus included £6.95

Small Mezze (pick 4 from: falafels, vine leaves, olives, butter beans, sundried tomatoes, okra, pitta bread) Hummus included £4.95

Sandwiches and Wraps

Banana and Peanut Butter
Houmous, Spinach and Sundried Tomato
Houmous and Cucumber
Pesto, Spinach and Sundried Tomato

Houmous and mixed leaf salad
Tofu, houmous and mixed leaf salad
Falafel, houmous and mixed leaf salad

Kids Menu

Soup - £3 Served with bread

Hummus and Pitta - £3

Fresh Fruit Skewers - £2.50

Carrot sticks and hummus - £3

Sugar snaps, Babycorn and Hummus - £3

Carrot Crisps, Pom Bears, Tomato Crisps as priced

Fruit 50p

Sesame snacks 50p

Sorbet or soya ice cream £2

Soups

Served with bread - £3.50

Hearty French

Lentil and Veg

Veg and Barley

Winter Stew

Chunky Tomato

Take Away – Small 2.95 Large £3.95

Healthy Snacks

Sweet potato crisps- £3

Pitta and Hummus - £3

Carrot, Celery and Hummus - £3

Sugar snaps, Babycorn and Hummus - £3

Pot of Mixed Olives - £2

Pot of Sundried tomatoes - £2

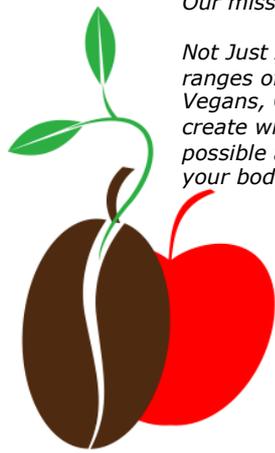
Falafels - £3

Fruit 50p

Sesame snacks 50p

Tips: we donate our tips evenly to The Vegan Society, The Vale Wildlife Hospital, The Animal Shelter and Maggies Cancer Charity every month. Please support these Charities in their excellent work.

www.notjustjuice.co.uk



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Drinks

Tea £2 Pot £3
Green tea £1
Herbal tea £1.50
Coffee £2
Latte £2
Americano £2
Cappuccino £2
Hot Chocolate £2
Koko Coconut Milk £2
Juices: Apple, Orange £2
Choc Soya Milk £1
Straw Soya Milk £1
Banana Soya Milk £1
Coconut Water £3
Appetiser £2
Fizzy Cola, Lemonade, Dandelion and Burdock, Ginger Beer £2
Bensons Apple Juices £2

Detox Juices Made Fresh Everyday

250ml Cup - £2.95 / 500ml Bottle - £3.95
-Apple
-Orange
-Beetroot, Carrot and orange
-Carrot, apple and lemon
-Spinach, apple, cucumber, lemon and ginger
-Orange, Pineapple and lemon
-Carrot and ginger
-Beetroot, apple and cucumber
-Melon, pear, apple and kiwi
-Kale, celery, cucumber, apple and lemon
-Mango, pear and melon
-Carrot, orange and mango
-Pineapple, orange and grapefruit

Smoothies Freshly Made in front of you

250ml Cup - £2.95 / 500ml Bottle - £3.95
-Apple, banana, blueberry and raspberry
-Pineapple, kale, apple and avocado
-Banana and Vanilla
-Almond, date and Vanilla
-Blueberry, orange and yoghurt

Special Soya Shakes Freshly Made in front of you

250ml Cup - £2.95 / 500ml Bottle - £3.95
- Chunky Monkey: peanut butter and banana
- Do the splits: banana and strawberry
-Very Berry: blueberry, raspberry, strawberry

Super food Shakes Freshly Made in front of you

250ml Cup - £2.95 / 500ml Bottle - £3.95
Acai with black sesame, strawberries and soya milk
Graviola with orange, raspberries and coconut water

The Gym Cheltenham

Want to start exercising and don't know where to start?

Why not check out The Gym Cheltenham over the road.

Small friendly gym with no contracts, no loud music and no mirrors.

Ask the staff here for more details.

www.thegymcheltenham.co.uk

DETOX JUICES

Feel sluggish, scattered, or burned out? Drained or depleted by processed foods? Now you can clean out the toxins... Supercharge your body... Radiate vitality... Enjoy a brand new lease on life... and work through the day with more energy, stamina and mental focus!

Try three days of detox juices for £45.....

(4 juices a day with raw food usually results in 4-10lbs of weight loss too)

Physiotherapy and Massage

At The Gym Cheltenham we offer Physiotherapy and massage for all sorts of aches and pains. Reflexology, aromatherapy massages, sports massage, reiki, taping, Indian head massage.

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