

Lovage

100 SHOREDITCH HIGH STREET
SHOREDITCH LONDON E1 6JQ

OPEN 7AM-6PM DAILY

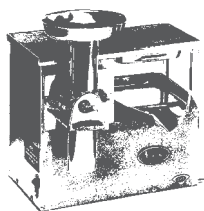
SPRING / SUMMER

JUICES

Juices cold-pressed from fresh produce of the season



	9oz	16oz
AMBER apple, carrot, ginger Liver cleansing, blood building, anti-inflammatory	4.00	5.50
RUBY beetroot, carrot, apple, cabbage Blood building, immunity boosting, blood balancing	4.50	6.00
VERT pear, cucumber, pineapple, lime, mint Anti-oxidising, skin rejuvenating, energising	5.00	8.00
VIRIDIAN kale, fennel, squash, apple, herbs, wild greens Acidity regulating, oxidative stress neutralising, colon health supporting	5.50	8.50



We make juices daily in small batches from vegetables and fruits full of life. Our stainless steel Norwalk juicer is a manufactured object of beauty and a symbol of our commitment to creating nourishing juices that delight as they heal. Using a two-step grind and hydraulic press process, the juicer gently and completely extracts vital elements from the produce and the result is raw, pure juices of fine quality and flavour.

ICES

Artisan maker of ice-creams and sorbets of bright, true and distinct flavours. Stop by to see what flavours are in the rotation.

SINGLE	3.00
DOUBLE	4.00
TRIPLE	5.00

simple. Above any rule, this one you must have heard so many times — find your balance. Don't worry and have fun along your way. With love, from Lovage.

We celebrate the beauty, vitality, joy and magic of plants and the land that nurtures them, and we trust that nature knows best when it comes to our health and well-being. Our approach in the kitchen is intuitive and spirited. We admire foods in their whole, unadulterated forms and allow their sensory signals to guide us. Caring for your self and others can be very

SHAKES

- Liquid meals blended from whole foods9oz
- ICED BERRY5.00
strawberry, raspberry, blueberry,
agave, coconut water, mint
Anti-oxidising, free-radical fighting, cleansing
- BANANA & SOY5.00
banana, soya bean, tahini, date, almond milk, soy flour,
lucuma powder, pink rock salt, wildflower honey
Blood pressure lowering, bone strengthening, digestion aiding
- VIOLET5.00
blueberry, strawberry, banana, almond milk, soya yoghurt
Bone strengthening, heart health maintaining, anti-oxidising
- AVOCADO & GREENS6.00
avocado, coconut water, Viridian juice,
coconut oil, date, pink rock salt
Blood sugar regulating, immunity boosting, cardiovascular
health supporting



BLENDS

- Health, prescribed natures way: body + mind boosts9oz
- GINGER & LEMON2.50
ginger, lemon, wildflower honey
Digestion aiding, mood improving, immunity boosting
- BERRY FIZZ2.50
strawberry, raspberry, agave, soda
Anti-oxidising, free-radical fighting, cleansing

