

JUICE Menu

01179 273 274

Helpful order form available online.
www.thebigbananajucebar.co.uk

IRON BOOSTER

beetroot, carrot, apple & watercress

Iron supports oxygen in the blood. Get youcells optimally oxygenated and you will feel and look a whole lot better. A great wholesome flavour.



POWER BOOSTER

carrot, apple, orange & ginger

This combination is particularly energising. It also contains high levels of antioxidants to combat ageing free radicals. Very refreshing.



VERY VEG

carrot, cucumber, celery & spinach

This alkalising juice helps combat the acidic waste products that accumulate in the body. If you are looking to give your body a treat, choose this one every time.



LIVER CURE

beetroot, apple & lime

Even if you don't like beetroot you'll love the taste of this one. Beetroot is our livers best friend! Beetroot detoxifies the liver, improves its function and protects it from excessive alcohol consumption.



BERRY POT

strawberry blackberry, raspberry, cranberry apple, honey & yoghurt

Berries contain a wealth of bioflavonoids. They can protect blood vessels and capillaries from oxidative damage and strengthen connective tissue in the body.



BIG BANANA

banana, honey & low fat yoghurt

This could also have been called the heart cure. Bananas are high in potassium. Potassium is a proven remedy for lowering blood pressure. Pectin in bananas helps lower cholesterol.



VANILLA POD

fresh vanilla pod, honey, apple & low fat yoghurt

This one not only tastes great but also provides a good source of protein for body repair and slow release carbohydrates for sustained energy.



VERY BERRY

strawberry, cranberry, raspberry, blackberry, mango, apple & lime

All the berries in this one. A combination high in vitamin C, (great for the skin) fibre and yummy factor!



GREEN BANG

wheatgrass, apple & lime

This is a gentle introduction to wheatgrass. For some people a whole shot of wheatgrass can cause the body to detoxify too quickly. Try this tasty combination first.



LEMON AID

lemon juice, zest & apples

Just like mama used to make but without the sugar! Lemons help eliminate kidney stones, they stimulate digestion and relieve constipation. This tastes fantastic!



ACAI

acai, apple & banana

This tastes wow! Pronounced ass-i-ee. Acai is a wild chocolate like fruit that comes from the Amazon. It is highly revered by the locals and is known as a cure all. Greenpeace has sanctioned Acai as a sustainable crop.



COCONUT SMOOTHIE

coconut milk, pineapple, apple, banana & mango

Coconut has an inherent antiviral property. Pineapples are high in bromelain which has been credited with reducing swelling due to arthritis and sports injuries. It also promotes wound healing and soothes sore throats.



HANGOVER CURE

pineapple, mango, banana & orange

Highly recommended, even if you don't have a hangover. Replaces lost B Vitamins, helps flush out harmful by-products and re-hydrates.



BIG FIVE

pineapple, strawberry, mango, apple & kiwi

Ideally, your 5 portions of fruit per day should come from as many different fruits as possible. That makes this one a great choice. Kiwi fruit has a soothing effect on heartburn.



ICE CREAM SMOOTHIE

pineapple, strawberry, ice cream, apple & banana

No need to feel guilty about this one as it comes with large amounts of healthy energising, fresh fruit. Enjoy.



AS JUICE BARS GO, WE ARE UNIQUE.

We juice the fruit into a glass and hand it to you. That's it. Nothing else.

No ice. No sugar. No additives. Just juice.

the Big Banana
JuiceBar

Small 280ml	Medium 500ml	Large 600ml
£1.80	£2.75	£3.30