

# GENERAL FACTS ABOUT OUR GLUTEN-FREE, VEGAN, ALL NATURAL MEALS:

Cold-pressed juices, energy balls, fruits cup and raw salads for those seeking to eat all-natural, plant-based foods without any processed ingredients. It's entirely vegan supporting the liver's natural cleansing processes. By focusing on raw fruits, vegetables, nuts, seeds, dried fruits and cold-pressed olive oil, you can help your body function better and feel more energized, all while avoiding additives, preservatives, and processed ingredients.











### ALL NATURAL ENERGY BALLS



## **RAW CACAO**

CASHEWS, CACAO NIBS, DATES. 48G (2PC) 184 CAL, 8G FAT, 25G CARB, 4G FIBER, 3G PROTEIN

### RAW SESAME

SESAME, TAHINI, DATES 48G (2PC) 176 CAL, 8G FAT, 23G CARB, 2G FIBER, 3G PROTEIN

### **RAW PEANUTS**

PEANUTS, DATES 48G (2PC) 176 CAL, 8G FAT, 22G CARB, 2.5G FIBER, 4G PROTEIN

### RAW COCONUT

ALMOND, COCONUT, DATES 48G (2PC) 180 CAL, 8G FAT, 23G CARB, 2G FIBER, 4G PROTEIN

### RAW HAZELNUT

HAZELNUT, RAISINS, DRIED PLUMS 48G (2PC) 174 CAL, 10G FAT, 18G CARB, 2G FIBER, 3G PROTEIN

### RAW PISTACHIOS

PISTACHIO, DRIED APRICOT 48G (2PC) 187 CAL, 7G FAT, 27G CARB, 2G FIBER, 4G PROTEIN

















### **COLD-PRESSED JUICES**





#### **ORANGE RISE**

Orange, tumeric and fresh giner 270 ml bottle, 116 Cal, 22 g carbs, 2 g protein, 0.54 g fat



#### **BEET BOOST**

Orange, carrot or watermelon and beetroot 270 ml bottle, 112 Cal, 23 g carbs, 2.5g protein, 0.5 g fat



### **SUPER KALE**

Green Apple, Lettuce, Kale 270 ml bottle, 104 Cal, 25 g carbs, 1 g protein, 0.4 g fat



#### **KIWI SHOT**

Kiwi, celery, cucumber and apple 270 ml bottle, 79.6 Cal, 18.73 g carbs, 0.98g protein, 0.37 g fat



#### CITRUS BLISS

Orange, Ginger, Mint Leaves 270 ml bottle, 84 Cal, 18 g carbs, 2 g protein, 0.4 g fat



### **LEAFY SHOT**

melon, celery and cucumber 270 ml bottle, 79.6 Cal, 18.73 g carbs, 0.98g protein, 0.37 g fat

3.5\$ for a 270 ml bottle 9\$ for 1 litre bottle



### RAWTOX SALAD



#### **CURLY ENDIVE**

Curly endive, cherry tomatoes, cucumber, red cabbage, shredded carrots, yellow pepper and sunflower seeds.

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

#### **CABBAGE**

Red and green cabbage, shredded carrots, coriander and sesame seeds . 300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

#### **KALE**

Kale, cherry tomatoes, cucumber, onion and walnuts 300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

#### **TABBOULEH**

Parsley, tomatoes, onion and pumpkin seeds. 300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

### **ROCCA & THYM**

Rocca, thym cherry tomatoes, onion and almond.

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat

### **FATTOUCH**

Purslane, iceberg, mint leaves, thyme, tomatoes, cucumber, radish and cashew.

300g, 273 Cal, 13 g carbs, 10 g protein, 20 g fat



4\$ a salad

## **RAWTOX DRESSING**



#### LEMON

Freshly squeezed lemon, extra virgin olive oil, salt, and water. 70 ml, 42 Cal, 0.66 g carbs, 0.02 g protein, 4.4 g fat 100 ml, 217 Cal, 0.66 g carbs, 0.02 g protein, 19 g fat

#### **BALSAMIC**

Balsamic vinegar, extra virgin olive oil, salt, and water. 70 ml 82 Cal, 5 g carbs, 0.11 g protein, 6 g fat 100 ml 217 Cal, 5 g carbs, 0.11 g protein, 21 g fat

#### **APPLE CIDER**

Apple cider vinegar, extra virgin olive oil, salt, and water. 70 ml 54 Cal, 0.36 g carbs, 0g protein, 5 g fat 100 ml 189 Cal, 0.36 g carbs, 0g protein, 20 g fat

#### **PARSLEY**

Freshly squeezed lemon, parsley, extra virgin olive oil, salt, and water. 70 ml, 42 Cal, 0.66 g carbs, 0.02 g protein, 4.4 g fat 100 ml, 217 Cal, 0.66 g carbs, 0.02 g protein, 19 g fat

#### CORIANDER

Freshly squeezed lemon, coriander, extra virgin olive oil, salt, and water. 70 ml, 42 Cal, 0.66 g carbs, 0.02 g protein, 4.4 g fat 100 ml, 217 Cal, 0.66 g carbs, 0.02 g protein, 19 g fat



### FRUITS CUP



## POMEGRANATE CUP 2\$

200g, 132 Cal, 31 g net carbs, 11g fiber, 2 g protein, <1 g fat

## PINEAPPLE CUP 3\$

200g, 112 Cal, 29 g net carbs, 2g fiber, 1 g protein, <1 g fat

## MANGO CUP 3\$

200g, 120 Cal, 30 g net carbs, 3g fiber, 1 g protein, <1 g fat

## FRUIT SALAD 7\$

SEASONAL FRUITS

400 g, 224 Cal, 60 g net carbs, 4g fiber, 2 g protein, 1 g fat

## **GUACAMOLE CUP 5\$**

Avocado, coriander, tomatoes, onions and cold-pressed olive oil 200g, 330 Cal, 10 g net carbs, 15g fiber, 4 g protein, 30 g fat





# GENERAL FACTS ABOUT OUR PURE & NATURAL NUT BUTTERS:

Our nut butters are made from \*\*100% pure nuts\*\*, with no unnecessary additives. We use a special machine to grind the nuts until they naturally become buttery and smooth, releasing their oils. The only thing we add is a pinch of salt. For those who prefer a bit of sweetness, we offer the option of adding erythritol or monk fruit sweetener that won't spike blood sugar levels.

#### What's Not in Our Nut Butter?

Unlike many store-bought nut butters, our product is free from harmful, processed ingredients:

- No Sugar syrup: don't have to worry about added carbs.
- No Palm Oil: which is commonly used in processed foods.
- No Ultra-Processed Ingredients: Our butters are free from colorants, preservatives, emulsifiers, and artificial flavors.

### The Benefits of our pure and natural Nut Butters:

- Rich in Healthy Fats
- High in Protein
- Packed with Nutrients/no empty calories
- Low in Carbs
- Good for Digestion



## **NUT BUTTERS**











# **NUTELLA 1KG 16\$**

Hazelnut, cacao nibs, erytritol and gluten-free cacao unsweetened, 85% dark chocolate.

15G (1 TBSP) 90 CAL, 8G FAT, 3G CARB, 2G FIBER, 2PROTEIN

## PEANUT BUTTER 10\$

100% Peanut roasted (salted or sweetened with erytritol)
15G (1 TBSP) 176 CAL, 8G FAT, 23G CARB, 2G FIBER, 3G PROTEIN

# **CASHEW BUTTER 13\$**

100% Cashew (salted or sweetened with erytritol) 15G (1 TBSP) 85 CAL, 6G FAT, 4G CARB, 1G FIBER, 2G PROTEIN

# **ALMOND BUTTER 14\$**

100% Almond (salted or sweetened with erytritol)
15G (1 TBSP) 85 CAL, 7G FAT, 2G CARB, 1.5G FIBER, 3G PROTEIN

# PISTACHIOS BUTTER 30\$

100% Pistachios (salted or sweetened with erytritol) 15G (1 TBSP) 90CAL, 7G FAT, 3G CARB, 2G FIBER, 3G PROTEIN





## **SMOOTHIES**



## COMING SOON....

