



Detox Kitchen

Feeling like you have slightly overdone it on the wine and pastry lately? Let us delivery a week long meal plan to kick your health back into shape. This will consist of 3 meals a day with juices and snacks. By the end of the week, you will feel lighter and full of energy.

Here is an example of our cleansing detox that is extremely popular with our clients. It's usually a five day course but feel free to try a day and if you like it come back for more. There is a different menu for each day.

A full day as shown below is £40

- 7am** Hot water with lemon
- 8am** Green juice 450ml
- 10am** Green juice 450ml
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- 11am** Blueberries and sunflower seeds + barley grass shot
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- 12.30pm** Radish, char grilled courgette, dandelion and rocket with mixed herbs, red onion, Heritage tomatoes and a Yuzu dressing
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- 3pm** Mixed berries and toasted almonds and brazil nuts+ barley grass shot

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7pm

Salad of Chinese cabbage, sprouting beans, micro mixed salad leaves, mixed shisu cress and a matsahisu dressing