
Wheatgrass Juice Green Drinks Sprouts

coffee & hot drinks - panamabelfast - 028 9031 9420 mcclintock street, belfast bt2 7gl coffee & hot drinks from 2.00 pastries scones (v) 2.50 add trimmings +0.40 muffins (v) 2.50 croissants plain/almond (v) 2.75 sausage roll **cocktails the ivy royale 10.75 plum tree 9.00 jasmine ...** - peach & elderflower iced tea 4.50 peach, elderflower & lemon with ivy 1917 & afternoon tea blends green juice 4.00 avocado, mint, celery, spinach, apple, parsley **cocktails the ivy royale 10.75 hibiscus gin, sloe infusion ...** - the ivy royale flute 10.75 hibiscus gin, sloe infusion, rose water & the ivy champagne english spritz wine glass 8.75 our take on a classic spritz. kamm & sons aperitif, pierre ferrand dry curaçao, fresh pink grapefruit juice, **eat this (low fodmap) not that (high fodmap)** - "eat this, not that" fodmaps food list flour bread alfalfa arugula/rocket asian & collard greens aubergine/eggplant beans, green beansprouts **platter menu order at cruss/delivers** - smoothies made with 98% fat-free frozen yoghurt (or df sorbet, soya or almond milk) strawberry cool yoghurt, strawberries, orange juice, banana mango madness yoghurt, mango, orange juice, banana bananarama yoghurt, banana, honey, skimmed milk, ice crussberry blast yoghurt, blueberries, raspberries, apple juice, banana pineapple pleasure yoghurt, pineapple, pineapple juice, banana **the definitive acid & alkaline food chart** - the definitive acid & alkaline food chart definitive listing of acid & alkaline foods in an easy to read, easy to print chart energiseforlife

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