



# Cold pressed fresh juice specials

*Mater would like to offer our private patients  
the following cold pressed fresh juices:*

## **Green Goodness**

*Celery, apple and warrigal greens*

## **Hibiscus Sunrise**

*Orange, hibiscus and lemon myrtle*

These juices  
are **all cold  
pressed** with  
fresh, seasonal  
ingredients.

**Native  
Australian  
ingredients**  
are rich sources of  
antioxidants, vitamins  
and minerals to build  
immunity, a healthy gut  
and protect against  
disease.



*Descriptions do not reflect the full ingredient list.*



To order dial #3663



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the following cold pressed fresh juices:*

## **Orange Spice**

*Carrot, pepperberry and ginger*

## **Watermelon Spritz**

*Watermelon, hibiscus and river mint*

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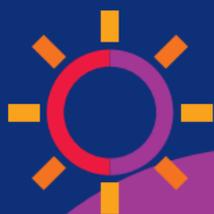
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## Did you know...



Consuming fruit and vegetables contributes to **better immunity, improved gut health, and helps protect against cardiovascular disease, diabetes, and some cancers.**



**Only 4%**

of Australians currently eat the recommended serves of vegetables each day.



***Eating more vegetables***

*is one of the most important dietary changes you can make to improve your health and wellbeing.*

***To increase your daily vegetable intake, why not try one of our signature bowls:***

Wild rice

Chicken breast

**OR** boiled egg/cheese (vegetarian)

**OR** black beans (vegan)

Lettuce

Cucumber

Tomato

Avocado

Beetroot hummus

Green goddess dressing



***This plant based bowl is high in fibre and suitable for diabetes, heart healthy and gluten free diets.***