

SALADS

Chicken Salad

Medium Large

42 50 47 50

Lettuce, Chicken, Avocado, Cherry Tomato, Corn, Carrots, Almond Nuts, Cheese, Beetroot & Low-Fat Dressing

Salmon Omega Salad

49 50 54 50

Broccoli, Baby Peas, Baby Spinach, Salmon, Parmesan Cheese, Avocado, Salt & Pepper, Dressing (Balsamic Vinegar & Extra Virgin Olive Oil)

Khalahari Beef

42 50 47 50

Lettuce, Impala Strips, Cucumber, Sun-dried Tomato, Onion, Pecans, Green Peppers, Cheese & Homemade Low-Fat Dressing

Vegeterian

37 50 39 50

Lettuce, Sun-dried Tomato, Broccoli, Green Peppers, Avocado, Green Peas, Onions, Olives, Cheese & Home made Low-Fat Dressing.

Caesar Salad

37 50 42 50

Lettuce, Chicken, Cherry Tomato, Olives, Cheese, Lime Squeezed & Homemade Low-Fat Dressing

Independence Avenue

44 50 49 50

Base: Lettuce, Tomato and Cucumber

Pick 4 of any: Avocado, Broccoli, Cheese, Chicken, Beef, Strips, Sun-dried Tomato, Green Peppers, Green Peas, Onions, Olives, Pecans, Corn, Carrots, Almond Nuts, Beetroot, Appl(Green), Pineapple, Baby Spinach

HOT BEVERAGES

Assorted Dilmah Organic Tea - 19 50
Roibos Tea - Five Roses Tea

Cappuccino 24 50

Espresso 19 50

Red Cappuccino 22 50

Wheat Grass 25 00

Lemon & Cayenne Pepper 15 00

Ginger 15 00

Activated Charcoal 40 00

Moringa Powder 75 00

Moringa Shot 15 00

SHOOTERS

CONTACT US:

Shop 37F Phakalane, Mowana Park

+267 3908568

New CBD, Itowers by Jacks Gym

+267 3931785

Shop 43A Airport Junction Mall

+267 3181510

Village Recreational Park Unit 9 by Jacks Gym

+267 3900720

Email: healthgenerationbw@gmail.com

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HEALTH GENERATION

JUICES | SMOOTHIES | SALADS | WRAPS | SNACKS

Your Health is your greatest wealth.



USING FRESHLY HARVESTED FRUITS AND VEGETABLE IN SEASON

JUICES

- Green Juice (Master Cleanse)** 39 50
Spinach, Green Apple, Cucumber, Lemon, Celery & Green Pepper
- Carrot Juice (Daily Detox)** 39 50
Carrot, Pineapple, Apple(Green) & Ginger
- Watermelon Mania (Hydrate)** 39 50
Watermelon, Pineapple, Apple(Red), Ginger & Kale (Seasonal)
- Bloody Mary (Iron Man)** 39 50
Beetroot, Pineapple, Cucumber, Celery & Apple (Red)
- Citrus Quench (Vitamin Booster)** 39 50
Orange, Pineapple, Apple(Green) & Ginger
- Veggie Delight (Replenish)** 39 50
Carrot, Beetroot, Green Peppers, Lemon, Apple(Red) & Spinach
- Mint Melody (Refresh)** 39 50
Mint, Cucumber, Apple (Green), Pineapple.
- Powerhouse Fusion (Immune Boost)** 39 50
Kale, Carrot, Orange, Lemon & Ginger.
- Sucker punch (Purity)** 44 50
Pineapple, Mint, Apple(Green), wheat-grass & Ginger.
- Independence Avenue (Make your own)** 39 50
Pick your Base: Orange or Pineapple
Pick 2/3 boosters: Carrot, Cucumber, Lemon, Apple, Kale* or Spinach, Celery, Tomato, Watermelon, beetroot & Ginger.

SANDWICHES

- Chicken Avocado** 37 50
Chicken Breast, Avocado, Basil, Lettuce, Homemade, Low-Fat Dressing, Salt & Pepper
- Salmon** 42 50
Salmon, Lettuce, Avocado, Tomato, Raisins & Signature Dressing.
- Vegetarian** 34 50
Avocado, Tomatoes, Lettuce, Red Onion, Parsley, Green pepper, Cucumber, Salt & Pepper

SNACKS

- Dried Fruits 21 50
- Dried Nuts 33 50
- Kale Chips 40 00

Muffins	22 50	Freshly Baked Assorted
Muesli (Aunt Pat's)	35 00	Pick 2/3 fruits of your Choice. Served with Low-fat plain & yogurt.
Granola	44 50	Served with Low-fat Plain Yoghurt, Pick 2/3 fruits

SMOOTHIES

- Daily Protein Power** 42 50
Banana, Raspberries, Strawberry, Protein shot & Ice.
- Mango Mania** 42 50
Mango, Banana, Pineapple, Almond Milk & Ice.
- Watermelon Berry** 42 50
Watermelon, Strawberries, Banana, Raspberries & Ice.
- Pine-Banana Split** 42 50
Banana, Pineapple, Strawberry, Almond Nuts, Blueberry & Ice.
- Citrus Land** 42 50
Orange, Lemon, Apple(Green), Banana, Pineapple & Ice.
- Veggie** 46 50
Carrot, Green Peppers, Tomato, Spinach, Avocado, Salt & Pepper.
- Nutty Professor** 46 50
Banana, Granola, Almond Nuts, Apple (Green).
- Green Healer** 42 50
Spinach, Banana, Pear, Coconut Oil, & Honey (Optional).
- Sesame Street Splash** 42 50
Banana, Pineapple, Sesame Seeds, Honey (Optional) & Ice.
- Blueberry Mint Green** 42 50
Banana, Spinach, Blueberries, Mint, Pineapple & Coconut Flakes
- Independence Avenue** 42 50
Pick your Base: Banana or Pear
Pick 2/3 Boosters: Orange, Pineapple, Apple, Strawberry, Raspberry, Blueberry, *Watermelon, *Mango, Lemon, Cucumber, Beetroot, Spinach, Tomato, Ginger, Almond nuts, Sesame seeds, Mint, Coconut flakes/oil, Honey, Protein shot

WRAPS

- Balsamic Chicken** 44 50
Balsamic Chicken Breasts, Basil, Rocket, Tomato, Cucumber, Avocado, Pickles, Red Onion & signature dressing.
- Lettuce** 34 50
Lettuce, *Mango or Pineapple, Red Onion, Mozzarella, Beetroot, Sesame Seeds & Signature Dressing.
- Tuna** 44 50
Tuna, Avocado, Sun-dried Tomatoes, Lettuce, Mozzarella, Parsley, Salt & Pepper.
- Salmon** 47 50
Salmon, Lettuce, Avocado, Tomato, Raisins & Signature Dressing.