

Drinking to your health

You need the right nutrients while sculpting your future at the gym or starting a healthy living plan.

Here at The Orange Crate let us whip you up the perfect blend of vitamins and minerals especially for you.

Look good feel great

Try our fitness juices

	12oz	16oz
Protein Power Smoothie	£3.50	£4.00
Natural Performance Enhancer	£3.50	£4.00
Sport Hydro Juice	£3.50	£4.00
Workout Wonder	£3.00	£3.50
Rapid Recovery	£3.00	£3.50
Popeye Power	£3.00	£3.50
Veggie Delight	£3.50	£4.00

**The Orange Crate
Detox Programmes**

Please ask for details

THE ORANGE CRATE

Juice Bar & Healthy Food

Menu

Eat in or Take Away

Opening Hours

Monday to Saturday

8.30am till 4.30pm

Tel: 01291 630153

Telephone orders always welcome

9 Beaufort Square, Chepstow
Monmouthshire, NP16 5EP

info@theorangecrate.co.uk

 theorangecratechepstow

www.theorangecrate.co.uk

Welcome to the Juice Revolution



So who are we?

The Orange Crate is a Juice Bar and Healthy Food Cafe that offers tasty fresh juices, superb coffee speciality teas and healthy snacks.

On our menu we offer everything from fresh muesli based breakfast smoothies to a selection of exotic juices and mouth-watering fruit cocktails which are nutritious, 98% fat free and loaded with essential vitamins & minerals.

Our food is made from the freshest and simplest ingredients. We use fresh local products almost exclusively and seasonal foods, especially in our daily soup and salad selections.

We look forward to seeing you soon!

So why should you Juice?

There's no doubt about it

Juicing is one of the easiest ways to make your life a whole lot healthier. Raw juices are simply freshly pressed fruit and vegetables.

While we don't promise instant beauty or eternal life, drink fresh juice regularly and you will:

- Feel full of energy and be revitalised.
- Have smoother, brighter and clearer complexion with a smile to match.
- Find you lose a bit of excess weight.
- Have a healthier and happier lifestyle.

No matter what your age we've got a healthy option for everyone

THE ORANGECRATE

Healthy Lunch Meal Deal

Enjoy a tasty Orange Crate Wrap plus a Boost Juice and a fresh apple

for only
£5

FRESH JUICES

	12oz	16oz
Breakfast on the move Strawberries, Yogurt, Soya Milk and Muesli	£3.00	£3.50
Wake up Juice Cucumber, Berries, Banana, Yogurt and Ice	£3.00	£3.50
Recovery Angel Orange, Berries, Banana, Yogurt and Ice	£3.00	£3.50
Boost Juice Carrot, Apples, Lemon and Lime	£3.00	£3.50
Detox Dream Apples, Cucumber, Celery, Lemon, Ginger and Ice	£3.00	£3.50
Breathe Easy Apples, Carrots, Lemon and Ice	£2.70	£3.00
Clear Skin Apples, Spinach, Cucumber, Celery, Advocado and Ice	£2.70	£3.00
Cold War Pineapple, Orange, Lemon, Manuka Honey and Ice	£2.70	£3.00
Dr Juice Apples, Carrot, Beetroot, Celery, Ginger and Lemon	£3.00	£3.50
Mother Natures Delight Apple, Pinapple, Carrot, Celery, Beetroot, Cucumber and Spinach	£3.00	£3.50

and for the little ones

Kids Super Hero	£2.00
Kids Veggie Delight	£2.00
Fruit 'Chute'	£2.00

Turn over to see our full range of fresh fitness juices and drinks programs

Don't forget
your shot!
Ginger, Garlic
or Beetroot
Only 50p
each

In a hurry?
why not call us and
make your order
01291 630153

THE ORANGE CRATE
Juice Bar & Healthy Food

MENU

Eat in or Take Away

Try our
**SOUP
of the
DAY**
Variety changes daily
- please ask for
options

WRAPS

Banana, Apple & Peanut Butter	£2.75
Chicken and Avocado	£2.75
Tomato Mozzerella Pesto	£2.75
Falafel	£2.75
Coronation Chicken	£2.75
Hummus, Carrot & Salad	£2.75

SALADS

Crayfish Salad	£4.95
Prawn & Avocado Salad	£4.95
Egg Salad	£4.00
Tuna Salad	£4.20
Ploughmans	£4.50
Bean Salad	£4.20

THE NAUGHTY CORNER

Try our delicious range of homemade cakes:

Lavender, Flapjack, Bara Brith, Butternut	
Squash Cake and Parsnip Cake all	£2.30

POTS

Breakfast Pot	£1.90	Hummus & Veg	£2.00
Olive Pot	£2.00	Fruit Pot	£2.00

COLD DRINKS

Fentimans: Ginger beer, Lemonade,	
Dandelion & Burdock	£2.00
Bottlegreen Elderflower	£2.00
Bottlegreen Ginger & Lemongrass	£2.00
Bottlegreen Cranberry & Orange	£2.00
Still Water	£1.00
Sparkling Water	£1.20

FOR THE KIDS

Veggie Pots: Carrots, Cucumber, Cherry Tomatoes, Red Peppers £1.50

Wraps:

Tuna and Cucumber	£2.00
Cheese and Tomato	£2.00
Hummus and Carrot	£2.00

Rapidz Orange, Fruit, Lemonade £1.20

'Shmoo' - The UK's No1 milkshake.
99% Fat Free and less than 5% sugar.

	12oz	16oz
Chocolate	£1.50	£2.00
Strawberry	£1.50	£2.00
Banana	£1.50	£2.00



LOVE TEA?

Breakfast Tea

Tea for One £1.70

Specialist Teas

Try our Spiced Orange Tea

The flavour of new season Florida oranges and fresh cinnamon is well captured in this tea. A truly tasty combination of Ceylon Tea scented with the natural oils of orange and cinnamon.

£2.00

Earl Grey	£2.00
Green Sencha	£2.00
Stinging Mint	£2.00
Karma Stutra Chai	£2.00
Chocolate Mint Rooibos	£2.00
Oolong Ti Kuan Yin	£2.00
Sweet Lavender	£2.00
Ginger Fresh Tea	£2.00
Goji Berry (Feng Shui) Wellness Tea	£2.00
Cranberry & Apple	£2.00
Flowering Tea	£2.50
Hot Chocolate	£2.50

ADORE COFFEE?

	12oz	16oz
Cappuccino	£2.20	£2.50
Latte	£2.20	£2.50
Mocha	£2.20	£2.50
Americano	£2.00	£2.20
Macchiato	£1.50	
Espresso	£1.50	

