

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

### **Minty Melon**

Watermelon, lime and native mint

#### **Immune Boost**

Carrot, orange, ginger and pepper berry







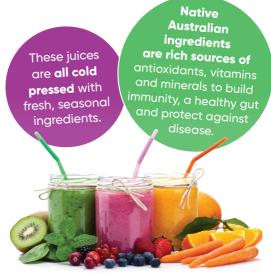
Mater would like to offer our private patients the following cold pressed fresh juices:

### **Tropical Passion**

Orange, passionfruit, apple and lemon myrtle

#### **Native Beet Blend**

Beetroot, apple and native basil







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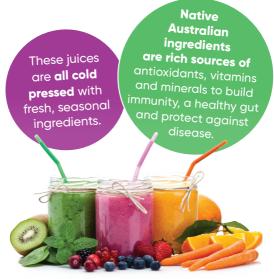
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## Did you know...



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.