



first juice bar in st barth.

TOM's "Day-tox" Plan • Everyday Heroes deserve to eat like athletes!

"Day-tox" is an easy introduction to the benefits of a raw vegan diet (*). It's a meal plan (1-3 or 5 days) with drinks and food from morning to afternoon (raw before 6pm) to experience a healthy & light diet in urban everyday life.

- raw food made easy, raw til 6pm daily plan
- fresh goodness food chef-crafted with care & love
- beyond detox & cleanse (>> Thrive, Glow & Shine!)
- easy to adopt & enjoy

Every item is crafted in house from scratch without gluten, dairy, sugar or soy. Full of good energy, nutrient dense, high in fiber & vitamins.

daily menu	breakfast	hydrate (juice or smoothie)	lunch	snack / treat
monday	chia yogurt, raw granola	Rise & Shine OR Yellow Sunshine	Caesar Salad	Almond Cacao Energy bar
tuesday	chia banana pudding	Pure Immunity OR Sun Salutation	Zoodles Raw Pesto	Choco
wednesday	bircher muesli	Sweet Green OR Tropical Green	Thai Salad	Cashew Vanilla Energy Bar
thursday	pure Mylk raw granola	Coco island OR Muesli to GO	Quinoa Tabbouleh	Latté
friday	fruit tarlet	Green Cleanse OR Green Island	Kelp Noodles White Cream	Medjool Cacao Truffles

• **Weekly or daily order.** Pick-up at TOM's Raw Café - contact ...

• **Extras / snacking:** raw snacks, raw treats, fresh almond/cashew milk, cold-pressed juices, smoothies...

• **About raw quality:** we use raw ingredients, unprocessed, plant-based, not heated above 45°C (in order to preserve vitamins, minerals, and enzymes). Avoiding common allergens (gluten, lactose, soy). Contain tree nuts (almond, pistachio & cashew).